Activity 1: SBU Remote Fitness & Nutrition Plans are Launching this Week!
From Saturday 18th April, we are giving the opportunity for all SBU players to do fitness 5 times per week!

See below for daily workouts and weekly nutrition guidance led by our partners at Teachers College.

<table>
<thead>
<tr>
<th>Monday</th>
<th>U10-U14</th>
<th>U15+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Intro Video &amp; Fitness Test</td>
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<tr>
<td>Tuesday</td>
<td>Yoga Basics Part 1 &amp; Part 2</td>
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<tr>
<td>Wednesday</td>
<td>Strength &amp; Endurance: Warm-Up Circuit Cool Down</td>
<td>Strength &amp; Endurance: Warm-Up Circuit 8 Minute Abs Cool Down</td>
</tr>
<tr>
<td>Thursday</td>
<td>Yoga Balance Challenge</td>
<td></td>
</tr>
</tbody>
</table>

To check out more fitness & nutrition ideas follow @sbunutrition on instagram!

Activity 1: Basic Fitness for U8

Master these fitness exercises! (Video Here)
- High Knees
- Running on the Spot
- Jumping Jacks
Activity 2: Individual Ball Work: 3 times per week

**Figure 8 Dribbling** ([Video Here](#)):  
- Right Foot (1 min, 1 min rest)  
- Left Foot (1 min, 1 min rest)  
- Both Feet (1 min, 1 min rest)

**Skill of the Week!**

Week 5: Pull Back/Drag Back ([Video Here](#))

Send in your videos to our social media team!

**Game of the Week!**

Week 4: Barcelona vs Bayern: Champions League Semi-Final 2015 ([Video Here](#))

**PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS!**

Instagram: @southbronxunited  
Facebook: [https://www.facebook.com/southbronxunited/](https://www.facebook.com/southbronxunited/)  
Twitter: @sbronxunited

Please find all other soccer plans and other COVID-19 resources on our website at:  
[https://www.southbronxunited.org/covid19](https://www.southbronxunited.org/covid19)