

# Racetrack Fitness

## Station 1

One partner performs curl-ups while balancing on the stability ball while the second partner jogs around the perimeter. Upon his or her return, the partners switch roles and repeat.



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## Station 2

One partner performs push-ups on the stability ball while the other partner performs a basketball slide (moving sideways by stepping out with one foot, the lead foot, and then bringing the other foot toward the ankle of the lead foot) around the perimeter once. The partners then switch roles.



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## Station 3

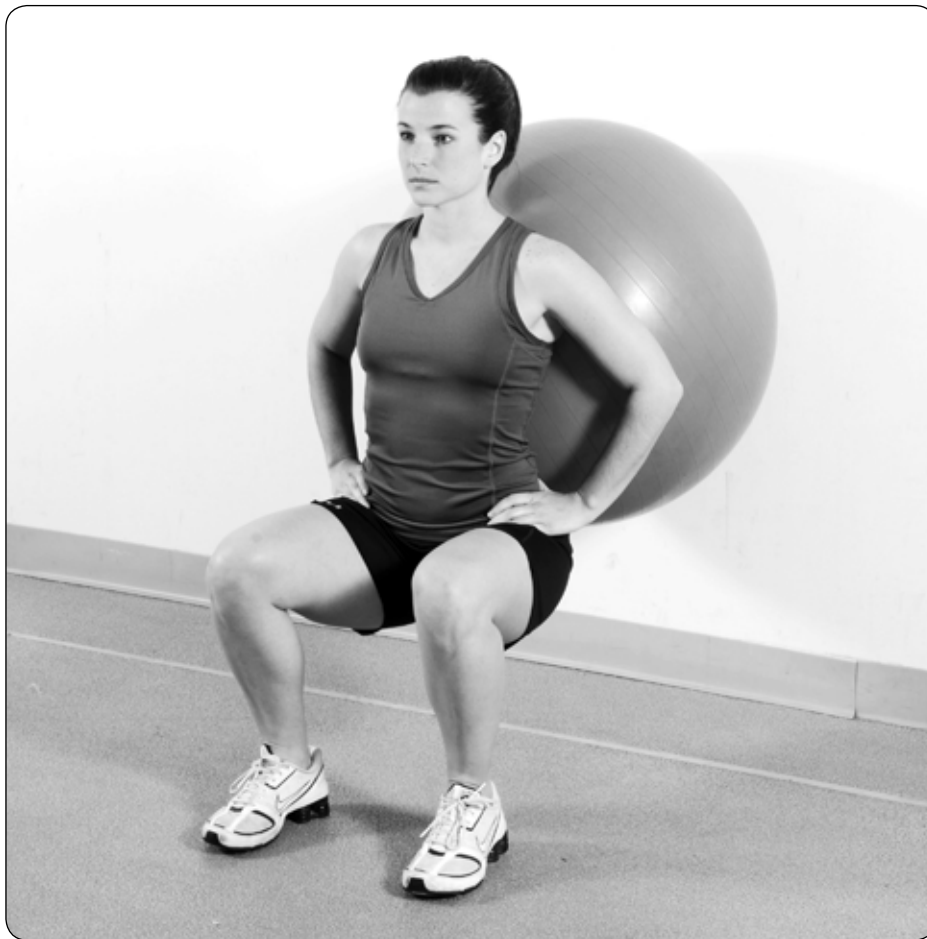
One partner places feet on the ball with knees bent and hips close to the ball and does a curl while the other partner performs a grapevine step (step to the side with the right foot, step behind with the left foot, step out with the right foot, step the left foot to the right foot, repeat) around the perimeter once. Partners then switch off.



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## Station 4

One partner stands close to a wall and places the stability ball between the lower back and the wall. Keeping pressure on the ball, squat down until knees are bent 90 degrees and then stand back up. While this partner uses the stability ball to perform wall squats, the other partner performs a power walk around the perimeter once. Partners then switch roles.



Activity 7.18 Racetrack Fitness Station Signs

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

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## Station 5

One partner performs a reach and twist on the stability ball while the other partner jogs backward around the perimeter. The reach and twist is done in a sitting position on the ball with the legs apart and the arms outstretched. The performer lifts the right leg extended, rotates the torso to the right, returns to the starting position, and repeats on the other side. He or she continues until the partner returns. Partners then switch roles.



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## Station 6

One partner performs a side-lying leg lift while the other partner jogs around the perimeter. The side-lying leg lift is performed by starting in a side-lying position on the ball with the bottom leg bent. The top leg is extended to the side with the foot resting on the floor. Both hands are supported on the front of the ball. The performer slowly lifts the top leg until it is parallel to the floor, pauses at the top, and lowers the leg. She or he repeats the exercise until the other partner completes one lap. Partners then switch roles.



Activity 7.18 Racetrack Fitness Station Signs

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

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## Station 7

One partner performs a lying supine adduction while the other partner power skips around the perimeter. Adduction starts by lying in a face-up position on the floor with both legs elevated so that there is a 90-degree angle at the hip. The legs are in front and straight up. The ball is held between the ankles and with both hands by placing one hand on each side to help hold the ball in place. The performer adducts by squeezing the legs together against the ball. He or she holds for 5 to 10 seconds, rests, and repeats. The student continues in this manner until the partner returns. Partners then switch roles.



Activity 7.18 Racetrack Fitness Station Signs

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



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## Station 8

One partner performs a supine leg curl while the other jogs around the perimeter once. The leg curl begins in a supine (face-up) position with the heels on top of the ball. The hands rest on the floor, and the lower back and buttocks are slightly off the floor. The performer curls the ball in toward the buttocks, rolls it back to the starting position, and repeats until the partner returns. Partners switch roles.





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## Station 9

One partner performs a Russian twist while the other partner performs power skips (by leaping straight up high into the air with each leg) around the perimeter once.

To perform the twist:

1. Lie on the ball with your shoulder blades on the ball and your hips pushed up high off the ground.
2. Place the hands together, as in the photo (or hold a single dumbbell if you are advanced).
3. Keeping your hips up, turn your shoulders to the right so that they are perpendicular to the ground.

The performer continues until the partner returns. Partners switch roles.

