

Summer 2025 Senior CT: I Am Committed

How do you practice commitment?

“I choose what is best and stick with it until the end, because keeping my word makes me stronger inside.”

What does God say?

“They always do what they promise, no matter how much it may cost.”

Psalm 15:4b GNT

2025 Summer

COMMITMENT

June 2 - September 6

Closed:

June 30 - July 5

August 27 - September 2 (County Fair)

July 21-25 - No Camp

June 2025						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2025						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4*	5*
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2025						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27*	28*	29	30
31						

Big Ideas

1. I Choose What Matters
2. I Stick With It
3. I Grow Through It
4. I Live for a Bigger Purpose

Lessons

1. I make better commitments when I choose what matters most.
2. I keep going even when I don't feel like it.
3. Every time I stick with something, I grow stronger inside.
4. My commitments should serve more than just me.
5. I don't promise until I've thought about what it will take to finish.
6. I don't let distractions pull me away from my commitment.
7. I let others help me stay committed—and grow stronger.
8. I seek God's will before I decide what to say yes to.
9. When I say yes, I mean it—and I follow through.
10. I do hard things on purpose—because they grow me.
11. The best rewards come when I stick with it.
12. I give my best because God sees it all.

Summer 2025 Senior CT: I Am Committed

Week 1: June 2-7

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. 25 Jumping Jacks!
- b. Place students intentionally in a semi-circle close enough to:
 - i. See and follow you during declaration & verse
 - ii. See and hear iPad / Speaker when it plays.

2. Practice declaration & verse

How do you practice commitment?

"I choose what is best and stick with it until the end, because keeping my word makes me stronger inside."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4b GNT

3. Play Video: Lesson 1

- a. Play video on iPad / Speaker! (*Pause once or twice to highlight something or redirect focus.*)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Two signs: "What Matters Most" vs. "What I Feel Like Doing" – Which do you follow?
 - ii. **Key Point:** I make better commitments when I choose what matters most.
 - iii. **Example:** Your coach says to do 10 turns, but you want to keep talking. Your coach says 20 jumping jacks, but you want to stop after 3.
 - iv. **Verse:** Psalm 15:4 – "They always do what they promise, no matter how much it may cost."
 - v. **Challenge:** Before saying yes to something, stop and ask: "Does this really matter?"

4. Discussion: Choose 1 question

- a. Can you think of a time you said yes to something, then wished you hadn't?
- b. Why is it important to stop and think before making a choice?
- c. Tell me what on this list matters most in class today: A) Trying your hardest, B) Laughing at your friend's jokes, C) Listening to your coach, D) doing your favorite skill.

5. Week 1 Stretch:

- a. Arm circles - 8x forward + 8x backward on each arm
- b. Standing pike stretch - 10 seconds
- c. Sitting pike with pointed toes, hold "tight quads" for 10 seconds
- d. Bridge stretch - push arms straight & head off floor;
 - i. If possible - rocking bridges, and bridges lifting one leg up

6. Remember: "I choose what matters most."

Planning Notes:

Summer 2025 Senior CT: I Am Committed

Week 2: June 9-14

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. 25 Jumping Jacks!
- b. Place students intentionally in a semi-circle close enough to:
 - i. See and follow you during declaration & verse
 - ii. See and hear iPad / Speaker when it plays.

7. Practice declaration & verse

How do you practice commitment?

"I choose what is best and stick with it until the end, because keeping my word makes me stronger inside."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4b GNT

2. Play Video: Lesson 2

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Coach is hanging from a bar. Talks about how quitting is tempting when things get hard.
 - ii. **Key Point:** I keep going even when I don't feel like it.
 - iii. **Example:** Says he won't let go of the bar, even when tired. Also shares how commitment shows up in homework, chores, or being kind when you're tired.
 - iv. **Verse:** Galatians 6:9 – "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."
 - v. **Challenge:** This week, when something feels hard—don't quit. Remind yourself: "I keep going, even when I don't feel like it."

3. Discussion: Choose 1 question

- a. What's something you've wanted to quit when it got hard?
- b. How do you feel when you finish something—even when it wasn't easy?
- c. Today, what's one part of class (event, station, skill, drill,) you can commit to pushing through even when you don't feel like it?

5. Week 2 Stretch:

- a. Arm circles - 8x forward + 8x backward on each arm
- b. Standing pike stretch - 10 seconds
- c. Sitting pike with pointed toes, hold "tight quads" for 10 seconds
- d. Bridge stretch - push arms straight & head off floor;
 - i. If possible - rocking bridges, and bridges lifting one leg up

6. Remember: "I keep going, even when I don't feel like it."

Planning Notes:

Summer 2025 Senior CT: I Am Committed

Week 3: June 16-21

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. *In Push-up shape: 10 Shoulder touches on each arm!*
- b. *Place students intentionally in a semi-circle close enough to:*
 - i. *See and follow you during declaration & verse*
 - ii. *See and hear iPad / Speaker when it plays.*

8. Practice declaration & verse

How do you practice commitment?

"I choose what is best and stick with it until the end, because keeping my word makes me stronger inside."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4b GNT

2. Play Video: Lesson 3

- a. Play video on iPad / Speaker! (*Pause once or twice to highlight something or redirect focus.*)
- b. **Outline for coach (reference only)**
 - i. **Hook:** A "confidence bank", each coin represents sticking with something hard.
 - ii. **Key Point:** Every time you stick with something, you grow stronger inside.
 - iii. **Example:** Using a jar and coins as a "confidence bank." You don't see growth right away—but each time you follow through, it adds up. You're becoming the kind of person who doesn't give up.
 - iv. **Verse:** Romans 5:3–4 (NIRV) – "We are full of joy even when we suffer. We know that our suffering gives us the strength to go on. The strength to go on produces character. Character produces hope."
 - v. **Challenge:** Stick with something—even if it's boring or hard. Remind yourself: "I grow through it."

3. Discussion: Choose 1 question

- a. Can you think of something that was really hard—but you're glad you finished?
- b. What are some ways you grow stronger even when no one sees it?
- c. Today, pick a station you will try extra hard to complete every part of—don't skip the hard parts.

5. Week 3 Stretch:

- a. Criss-Cross Arms - 8x
- b. On Hands and knees: Wrist stretches forwards & backwards; then side to side.
- c. Sitting pike with pointed toes, hold "tight quads" for 10 seconds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
 - i. Repeat same stretch on other leg

6. Remember: Every time I stick with something, I grow stronger inside.

Planning Notes:

Summer 2025 Senior CT: I Am Committed

Week 4: June 23-28 (Closed June 30-July 5)

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. In Push-up shape: 10 Shoulder touches on each arm!
- b. Place students intentionally in a semi-circle close enough to:
 - i. See and follow you during declaration & verse
 - ii. See and hear iPad / Speaker when it plays.

Practice declaration & verse

How do you practice commitment?

"I choose what is best and stick with it until the end, because keeping my word makes me stronger inside."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4b GNT

2. Play Video: Lesson 4

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Committing to eat all your ice cream? (or sharing!)
 - ii. **Key Point:** My commitments should serve more than just me.
 - iii. **Example:** Using food props and a mirror versus window. Mirror = commitments only focused on what's good for me. Window = seeing/thinking how my commitments serve others.
 - iv. **Verse:** Philippians 2:4 (NIRV) – "None of you should look out just for your own good. Each of you should also look out for the good of others."
 - v. **Challenge:** Make one commitment this week that helps someone else—not just you.

3. Discussion: Choose 1 question

- a. Can you think of a promise or commitment you made that helped someone else?
- b. Why do you think it's hard to think beyond yourself when making a promise?
- c. What's one way you could commit to help someone else during class today?

5. Week 4 Stretch:

- a. Criss-Cross Arms - 8x
- b. On Hands and knees: Wrist stretches forwards & backwards; then side to side.
- c. Sitting pike with pointed toes, hold "tight quads" for 10 seconds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
 - i. Repeat same stretch on other leg

6. Remember: Sticking with it makes a difference to people around me.

Planning Notes:

Summer 2025 Senior CT: I Am Committed

Week 5: July 7-12

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. Laying on back with bent knees: 10 crunches (sit halfway up to touch shins, then lay back down)
- b. Place students intentionally in a semi-circle close enough to:
 - i. See and follow you during declaration & verse
 - ii. See and hear iPad / Speaker when it plays.

2. Practice declaration & verse

How do you practice commitment?

"I choose what is best and stick with it until the end, because keeping my word makes me stronger inside."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4b GNT

3. Play Video: Lesson 5

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** A "yes jar" filling up—saying yes too fast leads to overload or broken promises.
 - ii. **Key Point:** I don't promise until I've thought about what it will take to finish.
 - iii. **Verse:** Proverbs 14:15 (NIRV) – "Foolish people believe anything. But wise people think about what they do."
 - iv. **Challenge:** This week, before you say yes to something, ask: "What will it take to finish—and am I willing to do that?"

4. Discussion: Choose 1 question

- a. Have you ever said yes to something too fast—and then regretted it?
- b. Why do you think it's important to stop and think before saying yes?
- c. What's something you might be tempted to say yes to today without thinking it through?

5. Week 5 Stretch:

- a. Reach up and stretch sideways, 8 seconds to each side
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Tight quad single leg lifts - 8x on each leg
- d. Bridge stretch - push arms straight & head off floor;
 - i. If possible - rocking bridges, and bridges lifting one leg up

6. Remember: "A wise yes is stronger than a fast one."

Planning Notes:

Summer 2025 Senior CT: I Am Committed

Week 6: July 14-19

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. Laying on back with bent knees: 10 crunches (sit halfway up to touch shins, then lay back down)
- b. Place students intentionally in a semi-circle close enough to:
 - i. See and follow you during declaration & verse
 - ii. See and hear iPad / Speaker when it plays.

2. Practice declaration & verse

How do you practice commitment?

"I choose what is best and stick with it until the end, because keeping my word makes me stronger inside."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4b GNT

3. Play Video: Lesson 6

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Poppers – fun and irresistible, but also distracting
 - ii. **Key Point:** I don't let distractions pull me away from my commitment.
 - iii. **Example:** Using the toy, the video shows how small things steal focus and cause us to drift. Examples include students being distracted during a ninja course, watching someone else's skill, or losing focus during coaching.
 - iv. **Verse:** Proverbs 4:25–26 (NIRV) – "Let your eyes look straight ahead. Keep looking right in front of you. Think carefully about the paths that your feet walk on."
 - v. **Challenge:** Pick one station in class today to stay laser-focused. Ignore distractions and give it your best.

4. Discussion: Choose 1 question

- a. What's one thing that distracts you the most in class?
- b. Why do you think distractions are so tempting?
- c. What's one way you can practice staying focused today?

5. Week 6 Stretch:

- a. Reach up and stretch sideways, 8 seconds to each side
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Tight quad single leg lifts - 8x on each leg
- d. Bridge stretch - push arms straight & head off floor;
 - i. If possible - rocking bridges, and bridges lifting one leg up

6. Remember: "I don't let distractions get in the way of my commitment"

Planning Notes:

Summer 2025 Senior CT: I Am Committed

Week 7: July 21-26

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. Hop on one foot: forward-backward 10x, then side to side 10x. Repeat on the other foot!

2. Practice declaration & verse

How do you practice commitment?

"I choose what is best and stick with it until the end, because keeping my word makes me stronger inside."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4b GNT

3. Play Video: Lesson 7

- a. Play video on iPad / Speaker! (*Pause once or twice to highlight something or redirect focus.*)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Sticky notes as visual reminders—like someone checking in to help you follow through.
 - ii. **Key Point:** I follow through better when I ask someone to check in with me.
 - iii. **Example:** The video shows how asking someone to check in with you (like a coach or teammate) helps you stay committed to what you said you'd do (like sticky notes).
 - iv. **Verse:** Ecclesiastes 4:9–10 (NIRV) – "Two people are better than one. They can help each other in everything they do. Suppose either of them falls down. Then one can help the other one up."
 - v. **Challenge:** Tell your coach or a teammate one goal you have for today. Ask them to remind you of it once during class.

4. Discussion: Choose 1 question

- a. What's one thing you want to stick with until it's done in class today?
- b. Who is someone you can ask to help you stay committed to finishing what you start?
- c. Why do you think it's easier to stay committed when you know someone will check in with you?

5. Week 7 Stretch:

- a. Arm circles - 8x forward + 8x backward on each arm
- b. Standing straddle stretch - 10 second reach toward each foot
- c. Sitting straddle: pancake stretch
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
 - i. Repeat same stretch on other leg

6. Remember: "I ask others to help me stay committed."

Planning Notes:

Summer 2025 Senior CT: I Am Committed

Week 8: July 28-Aug 2

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. Hop on one foot: forward-backward 10x, then side to side 10x. Repeat on the other foot!

2. Practice declaration & verse

How do you practice commitment?

"I choose what is best and stick with it until the end, because keeping my word makes me stronger inside."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4b GNT

3. Play Video: Lesson 8

- a. Play video on iPad / Speaker! (*Pause once or twice to highlight something or redirect focus.*)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Trail of candy wrappers leading to a trash can—illustrates following what looks fun, but ends in something empty.
 - ii. **Key Point:** I ask God before I say yes—so I don't chase things that don't matter.
 - iii. **Example:** Following a silly trail that looked exciting, but ended in a trash can. Shows how decisions made without asking God can lead to empty results.
 - iv. **Verse:** Proverbs 3:6 (NIRV) – "In all your ways acknowledge Him, and He will make your paths straight."
 - v. **Challenge:** Take 10 seconds before your first skill today to pray and ask God to help you do your best.

4. Discussion: Choose 1 question

- a. What's something that seemed fun at first, but turned out to be a waste of time?
- b. Why do you think God wants us to ask Him before we say yes?
- c. What's one way you could invite God into a decision today?

5. Week 8 Stretch:

- a. Arm circles - 8x forward + 8x backward on each arm
- b. Standing straddle stretch - 10 second reach toward each foot
- c. Sitting straddle: pancake stretch
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
 - i. Repeat same stretch on other leg

6. Remember: "I ask God before I say yes."

Planning Notes:

Summer 2025 Senior CT: I Am Committed

Week 9: Aug 3-9

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. 10 Plank-ups (Start in plank, move one hand at a time to arrive in push-up shape; move one hand at a time to go back to elbows and plank)

7. Practice declaration & verse

How do you practice commitment?

"I choose what is best and stick with it until the end, because keeping my word makes me stronger inside."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4b GNT

2. Play Video: Lesson 9

- a. Play video on iPad / Speaker! (Pause once to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Light dumbbell or heavy one.
 - ii. **Key Point:** I do hard things on purpose—because they grow me.
 - iii. **Example:** Ask about a hard skill they're learning (like handstands or flips). Progress only happens when they keep showing up and putting in effort—not giving up after one try.
 - iv. **Verse:** James 1:4 (NIRV) – "Let your faith be strong. And when it is, you will be perfect and complete. You will not need anything."
 - v. **Challenge:** Pick one hard thing today—and stick with it. Push through to the finish.

3. Discussion: Choose 1 question

- a. What's something hard you've done that made you stronger?
- b. Why is it important to keep going, even when it's tough?
- c. How can you remind yourself to stick with something hard this week?

4. Week 9 Stretch:

- a. Criss-Cross Arms - 8x
- b. On Hands and knees: Wrist stretches forwards & backwards; then side to side.
- c. Sitting straddle: pancake stretch 10 seconds, then try straddle holds
- d. Bridge stretch - push arms straight & head off floor;
 - i. If possible - rocking bridges, and bridges lifting one leg up

5. Remember: "I stick with hard things—because they grow me."

Planning Notes:

Summer 2025 Senior CT: I Am Committed

Week 10: Aug 11-16

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. 10 Plank-ups (Start in plank, move one hand at a time to arrive in push-up shape; move one hand at a time to go back to elbows and plank)

2. Practice declaration & verse

How do you practice commitment?

"I choose what is best and stick with it until the end, because keeping my word makes me stronger inside."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4b GNT

3. Play Video: Lesson 10

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Watering an orchid for a whole year before it bloomed again
 - ii. **Key Point:** The best rewards come when I stick with it.
 - iii. **Example:** Tie it to training: You may not feel stronger every day—but when you stick with the work, you start seeing growth later.
 - iv. **Verse:** Galatians 6:9 (NIRV) – "Let us not become tired of doing good. At the right time we will gather a crop if we don't give up."
 - v. **Challenge:** Stick with one area of growth this week—whether in class, at home, or with a habit. Don't quit too soon.

4. Discussion: Choose 1 question

- a. Can you think of a time you wanted to quit but didn't—and you were glad?
- b. What do you think God is growing in you right now?
- c. Why is it hard to wait for results sometimes?

5. Week 10 Stretch:

- a. Criss-Cross Arms - 8x
- b. On Hands and knees: Wrist stretches forwards & backwards; then side to side.
- c. Sitting straddle: pancake stretch 10 seconds, then try straddle holds
- d. Bridge stretch - push arms straight & head off floor;
 - i. If possible - rocking bridges, and bridges lifting one leg up

6. Remember: "If I stick with it, I'll see the reward."

Planning Notes:

Summer 2025 Senior CT: I Am Committed

Week 11: Aug 18-23

Be an **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Warm-Up

- a. 10 V-sits

8. Practice declaration & verse

How do you practice commitment?

"I choose what is best and stick with it until the end, because keeping my word makes me stronger inside."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4b GNT

2. Play Video: Lesson 11

- a. Play video on iPad / Speaker! (*Pause once or twice to highlight something or redirect focus.*)
- b. **Outline for coach (reference only)**
 - i. **Hook:** Block tower example—each "yes" is a block. Following through builds trust; breaking promises removes blocks.
 - ii. **Key Point:** When I say yes, I mean it—and I follow through.
 - iii. **Example:** Talk about something small kids say yes to—like helping a friend or finishing a drill. When they do it, they build trust. When they don't, they weaken trust—with others and themselves.
 - iv. **Verse:** Psalm 15:4b (GNT) – "They always do what they promise, no matter how much it may cost."
 - v. **Challenge:** Pick one thing you already said yes to this week—and make sure you follow through. Finish it.

3. Discussion: Choose 1 question

- a. Why does following through make someone trustworthy?
- b. How do you feel when someone breaks a promise to you?
- c. What's one way you can show others they can count on you?

4. Week 11 Stretch:

- a. Tricep stretch: Grab elbow and pull it behind your head; Repeat on the other arm
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Sitting pike stretch 10 seconds, then try pike holds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
 - i. Repeat same stretch on other leg

5. Remember: "I'm becoming someone others—and I—can trust."

Planning Notes:

Summer 2025 Senior CT: I Am Committed

Week 12: Aug 25-26 + Sep 3-6 (Closed Aug 27-Sep 2)

Be an APT CT COACH: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. **Warm-Up**
 - a. 10 V-sits

9. Practice declaration & verse

How do you practice commitment?

"I choose what is best and stick with it until the end, because keeping my word makes me stronger inside."

What does God say?

"They always do what they promise, no matter how much it may cost." Psalm 15:4b GNT

2. Play Video: Lesson 12

- a. Play video on iPad / Speaker! (*Pause once or twice to highlight something or redirect focus.*)
- b. **Outline for coach (reference only)**
 - i. **Hook:** You can't see what I'm doing, but that doesn't mean it's not happening.
 - ii. **Key Point:** What I do matters, even when no one sees it.
 - iii. **Example:** Talk about simple things students could do when no one's watching—like picking up trash, praying before practice, or helping a sibling. Remind them: those unseen choices build their character.
 - iv. **Verse:** Colossians 3:23 (NIRV) – "Work at everything you do with all your heart. Work as if you were working for the Lord."
 - v. **Challenge:** Do one good thing this week when no one asked you to, and don't tell anyone. Just do it to honor God and grow stronger inside.

3. Discussion: Choose 1 question

- a. Why is it harder to do the right thing when no one's watching?
- b. What's something small you could do this week for God—even if no one sees?
- c. How does it make you feel to know God sees everything you do?

4. Week 12 Stretch:

- a. Tricep stretch: Grab elbow and pull it behind your head; Repeat on the other arm
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Sitting pike stretch 10 seconds, then try pike holds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
 - i. Repeat same stretch on other leg

5. Remember: "I do what's right—even when no one sees—because I live for a bigger purpose."

Planning Notes:
