

# Gymnasium ABC

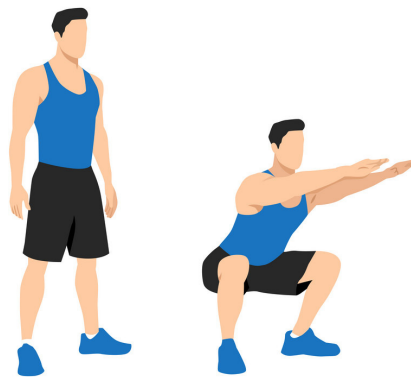
## Quick Check Motions

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### A for Air

Students will perform 5 air squats - To simulate Pumping of their bicycles tires.

An example video is below:



Air Squats: <https://www.youtube.com/watch?v=snPs0n36L04>

### B for Brakes

Students will perform a 10 second plank.

This represents stopping and checking the form and strength of your brake pads.

An example video is below:



Low Plank Hold: <https://www.youtube.com/watch?v=EtsyPORTj08>

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## Quick Check Motions

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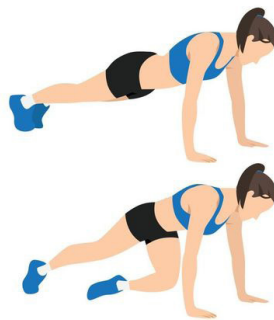
### C for Chain

Students will perform 10 seconds of mountain climber crosses.

1. Assume a push-up position. Hands are underneath the shoulders.
2. Bring one knee up towards your chest.
3. Alternate between legs as though you are pedaling a bicycle.

This simulates the pedaling you would do on a bicycle with a well-maintained chain.

An example video is below:



Mountain Climber Crosses: <https://www.youtube.com/watch?v=E2bhHMEFI7g>

### Q for Quick Check Over!

Students will perform 10 seconds of burpees or half burpees to represent dropping their bicycle from a few inches to check for any loose and malfunctioning components.

An example video is below:



Half Burpees: <https://www.youtube.com/watch?v=t3z9lpjywg>