



## **The HEAT Progression**

### **Scout**

1. Describe & demonstrate the correct form on the following exercises:
  - a. Push-ups, sit ups, jump rope, chin-up/pull-up, & Squat
2. Explain what cardiovascular training is & what it does for your body
3. Create a list of personal fitness goals & set a date to achieve each

### **Explorer**

1. Identify the major muscle groups that we focus on in class, & what they do
  - a. Bicep/Tricep, Quad/Hamstring, Pecs/Back, Traps
2. Explain the difference between flexion & extension & how each work during lifting
3. Meet or exceed the following fitness test
  - a. 9 pushups, 30 sit-ups/1 minutes, 50 jump ropes/1 minute

### **Challenger**

1. Demonstrate & explain knowledge of why warm ups & cool downs are important
2. Meet or exceed the following fitness test
  - a. 15 pushups, 35 sit-ups/1 minutes

### **Ranger**

1. Update your list of personal fitness goals & review dates for achievement
2. Demonstrate proper bench press form, & complete 2 sets of 10 reps
3. Lead class in an appropriate warm-up

4. Work with a counselor to create a workout plan to use when you return home
5. Meet or exceed the following fitness test:
  - a. 25 pushups, 45 sit-ups/1 minute, 100 jump ropes/1 minutes, squat half body weight for 10 reps, 5 dead hang pull ups

### Warrior

1. Work with a counselor to develop a complete workout for The HEAT
2. Lead class in the workout designed with a counselor
3. Meet or exceed the following fitness test:
  - a. 40 pushups, 55 sit-ups, 125 jump ropes/1 minute, squat body reps for 5 reps, 10 dead hang pull-ups
4. Chin-ups: 10