

Raiders is a physically demanding sport, and to succeed in all the challenges, one must keep oneself in top physical condition. Raider practices two days a week simply will not keep a person in this condition. A Raider must be motivated to work out on their own and to do their utmost personal best so that the team will benefit.

To help give Raiders an idea of what they should be working on, a list of instructions and websites have been added to help you as a Raider become the best that you can be.

A Raider should work out for *at least 40 minutes per day*. This includes warming up, stretching out, doing some sort of cardio exercise, doing a strength training exercise, and then having a quick cool down or minor stretch to complete the workout. Altogether, this sounds difficult, but when a Raider finally gets into the routine, it becomes second nature. Here is an example of a quick Raider work out:

- 1.) **Warming Up** – Jogging or bicycling for about ten minutes.
- 2.) **Stretching Out** – Stretching calf muscles, arms, ankles, and other body parts to loosen their muscles. This should take about five minutes.
- 3.) **Cardio** – Jumping rope, running, or cycling for ten minutes.
- 4.) **Strength Training** – Performing push ups, sit ups, and other workouts for core muscles for about ten minutes should be sufficient.
- 5.) **Cool Down/Minor Stretch** – Jogging and doing simple muscle stretches for about five minutes can help to prevent painful problems on the body.

This is just a simple workout for Raiders to stay in shape on the days Raiders do not meet for practice. As the weeks go on, it is safe to say that a Raider should want to “up” their performance and will develop their exercises to do so. Here are some websites to help you find simple, effective exercises and stretches to perform at home:

- 1.) Easy Home Exercises - <http://fitnesstrainerstogo.com/exercises/>
- 2.) Easy Home Stretches - <http://www.mamashealth.com/exercise/exstretch.asp>
- 3.) The Ten Minute Home Workout - <http://living.apartments.com/health-fitness/easy-exercises-home-workout>
- 4.) Abdominal Exercises - <http://sportsmedicine.about.com/cs/conditioning/a/aa020402a.htm>
- 5.) Shaping Up - <http://www.sunkist.com/healthy/exercise.asp>

It's good idea to test yourself every few weeks to see if you are keeping up with the physical Raider requirements. Listed below are the scores you will

need to stay on the team and the recommended scores to be on a competing team.

| Raider Male | Minimum Scores | Recommended Competing Scores |
|-----------------------|-----------------------|-------------------------------------|
| Pushups in 2:00 | 49 | 78+ |
| Sit-ups in 2:00 | 59 | 80+ |
| 2 Mile run | 15:12 | Sub 13:00 |
| 5 Mile run | 40:00 | 35:00 |
| Raider Females | Minimum Scores | Recommended Competing Scores |
| Pushups in 2:00 | 13 | 42+ |
| Sit-ups in 2:00 | 47 | 78+ |
| 2 Mile run | 19.42 | Sub 15:36 |
| 5 Mile run | 60:00 | 45:00 |