

RR Summer 2022 Visual Homework

PT Routine

1. Jog in place (30 seconds)
2. 30 jumping jacks
3. High knees (30 seconds)
4. Butt kicks (30 seconds)
5. Heisman (30 seconds)

Complete routine 3 times

Stretch Routine

- Complete the stretch routine from the warm-up

Breathing Block

1. Walk 1 minute at 110 bpm
2. Run 5 minutes at 150 bpm
3. Walk 1 minute at 110 bpm

Other Exercises

1. Dead bugs (hold 1 minute)
2. Push Ups – 3 sets of 10 reps (or as many as you can do)
3. Standard Ab Crunches – 3 sets of 20 reps
4. Calf Raises – 3 sets of 10 reps
5. Squats – 3 sets of 20

*****You should complete each of these physical activities/routines at least 3 times per week. If you don't do all activities on the same day, make sure to stretch before your daily exercise.*****

Marching Fundamentals

1. Posture
2. Holding horn with correct posture (gradually work up to holding the horn for one minute)
3. Forward marching
4. Backwards marching
5. Play first 16 count phrase of circle one while marching forward (place on 16, close)
6. Play first 16 count phrase of circle two while marching forward (place on 16, close)
7. Play first 16 count phrase of circle three while marching forward (place on 16, close)

Music Homework

- All 10 Technique Essentials memorized at 90 bpm, 120 bpm, 150 bpm, with mark time.