



Cross-Training



Badge Overview

Get the skills you need to customize a cross-training fitness program that's effective and fun. When you've earned this badge, you'll have developed a great cross-training routine that keeps your workouts interesting and fun.

Badge Components

1. Set your cross-training goal

To get a fitness benchmark, record how many (or for how long) of each exercise you do below without stopping: Planks, sit ups, push ups.

- Using this [goal worksheet](#), outline a goal that you have for your health.

2. Start a stretching and flexibility program

Try a yoga activity!

- Try [this video](#) or find one of your own. Yoga is about focusing on your breathing and stretching.
- Would you try this again?

3. Add a cardio element

It's time to get moving! Find a workout video online to get your heart rate up.

- Use this [video](#) or find one of your own to work out to. You can look for HIIT (high intensity interval training) workouts, Zumba classes, total body\workouts and more!

4. Add a toning or strengthening element

Use household objects to challenge your workout.

- Pick 5 items from [this link](#) to try each workout at home.
- Repeat the workouts 3 times for a full circuit.

5. Stay motivated to reach your goal

Try the activities from the first step again and compare your results to see how you're improving!

- Revisit your goal that you outlined in step one and reflect on how you're working towards it.
- Does your goal need to be updated or does it work for you?

Materials

- Something to write with
- Something to write on
- Access to internet

Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

[Click here](#) for more information on how Girl Scout Badge-work supports Florida's educational standards.



We love to see Girl Scouts in action. Snap a photo and send it to marcomm@gssef.org.

Include her name, troop# and the name of the badge she's working on and we'll feature her.

Finished with your badge? Now buy it for your Girl Scout Uniform. Order online at <https://www.girlscoutshop.com/SOUTHEAST-FLORIDA-COUNCIL> and we'll ship it for free.

.....
Questions? Contact customercare@gssef.org