

Cross Sport Training.

You know, being a mother is an interesting job. I sit back sometimes and consider the influence that I have over my children; it's quite a responsibility. My likes and dislikes are obviously reflected in how I run the home, in what I do, in places we go, and even in the things that we eat. Because I am homeschooling two of my sons at the moment, I have decided to exert my influence over them for their physical good. Cross training! I first heard about it through my other son, Cass, who goes to a cross sport training facility to get in top shape for baseball. It is a total body workout. When I spoke to one of the trainers, he told me that, unlike other gyms, they do not isolate muscle groups in cross sport. The whole body moves in each of the activities. Because of that, the workouts are intense but short. So, Hudson and Robert have started to go twice a week for a hard and fast muscle building experience. The first time they went, I sat and observed. The workouts are never the same. They started by raising and throwing to the ground an eight pound ball. They did this about ten times. Then they had to jump up with both feet at the same time onto and off of a huge wheel. Next, they climbed a net up to the ceiling. Finally, they had to run around the track a couple of times. They repeated all of this three times. The whole thing only took about fifteen minutes. Another thing to take into consideration is that you don't get any breaks at all, not even one minute of rest! So, when the boys had finished working out, they came and collapsed on the sofa that I was sitting on. They were all red faced, but happy. I chatted to the trainer a little, and the next thing I knew, the boys were up and pulling weights on a sled. Kids recuperate so quickly! They wanted some more action. I'll take them again tomorrow, and see what other whole body work outs the trainer has planned for them.

Grammar notes.

Expressions and vocabulary: to sit back and, to recuperate, to isolate.

It is important to sit back and reflect on one's day, don't you think?

It took the marathon runner three days to recuperate from the race.

He had to be isolated because of the virus he was carrying.