

## ARMS IN CROSS STATIONS OF THE CROSS WORKOUT

The Church encourages us to pray the Stations of the Cross. We would like to introduce a way to combine working out and praying the Stations. 14 exercises - 14 Stations of the Cross. These particular exercises accentuate the “arms in cross” position to help us remember Jesus’ Crucifixion even further.

**Purpose:** Help us to grow closer to Christ by experiencing the fatigue, sweat, effort that our Lord suffered for us in his Passion and Death.

The exercises can be modified to whatever your needs are. For example, if you are working with younger students maybe change the exercise reps to 3 each, etc. **This is especially for your PE classes.**

1. Introduce with short talk about the workout and Lent.
2. Invite a different student to read the Station and Reflection before each exercise.
3. Do exercise and repeat 14 times.
4. Conclude with a talk about what Christ suffered for us because He loves us.

## **1<sup>st</sup> Station: Jesus is condemned to death**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

Jesus just had the one of the worst nights ever. Gets betrayed by one of his friends, arrested, tortured and now he is condemned to death by people He has cured, helped and served.

Oftentimes we do not feel like working out. We get lazy, we have bad days, we don't want to wake up ...

Jesus did nothing wrong and was condemned to death. Do we ever thank Him for that?

Let's thank Him right now by giving Him our best workout with all our effort.

**(Jumping Jacks)**

## **2<sup>nd</sup> Station: Jesus carries His cross**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

Not only is Jesus given the death penalty, He also has to be publicly humiliated by carrying the piece of wood he will be nailed to. And yet He does it willingly. He embraces the cross. He is determined to do God's Will, He is determined to show us that He is willing to suffer anything for us.

How many times do we workout truly doing it to be able to better serve others? Let's embrace the challenge, the difficulty, the sweat, the fatigue ... like Jesus embraced His Cross.

Let's get stronger for all of those people who are counting on us. Let's get stronger so we can serve better.

**(Lunges Arms in Cross)**

### **3<sup>rd</sup> Station: Jesus falls for the first time**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

Jesus has lost a lot of blood. He was nearly whipped to death, had a crown of thorns shoved and beat into his skull and he is exhausted. He falls.

We fall many times as well. We fall short of our goals at times, we have disappointments, discouragements and we have doubts.

Jesus went through this as well. But He didn't quit. He fell but He got up.

Let's show that same commitment. Let's never give up on those who are counting on us.

**(Burpees )**

## **4<sup>th</sup> Station: Jesus meets his mother**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

Mary was doing everything she could to support, encourage, inspire, uplift her Son in the midst of all this suffering.

During our workouts we should be constantly looking for ways to encourage one another. The more we are focused on lifting others up, the less we are trapped in our own whining.

Let's make sure that at every workout we are improving in our level of encouragement, motivation and communication.

**(Bicycle Crunches)**

## **5<sup>th</sup> Station: Simon of Cyrene helps Jesus carry His cross**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

Simon did not want to help Jesus carry His Cross. He didn't know Him.

Do we treat some of our classmates, teammates or neighbors the same way? We are willing to encourage and challenge some, the ones we are close with, but the others who we don't know as well ... not so much.

But once Simon began to help Jesus, he grew to know Him, respect Him and love Him.

Let's build a true spirit of camaraderie here. With everyone!

**(Squat Jumps Arms in Cross)**

## **6<sup>th</sup> Station: Veronica wipes the face of Jesus**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

With angry, drunk, insane soldiers surrounding a man they are en route to nail to a cross ... one extremely courageous, bold, brave woman risks her life and her reputation by wiping Jesus' face with her cloth. She wanted to help in some small way and nothing was going to stop her.

How often do we give in to our fears of what others might say or do? Are we afraid of excellence? Are we afraid of challenging others to do better, to strive harder for perfection?

May we imitate the bold courage of Veronica and let nothing hold us back.

**(Lateral Leg Raises (on Right) Left Arm Straight Up)**

## **7<sup>th</sup> Station: Jesus falls for the second time**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

Even after Simon comes to help Him, Jesus still falls again.

Perseverance is agonizingly difficult at times.

Don't let falls, failures or embarrassments stop you. Imitate Jesus on His way to Calvary. He fell down again and again, and every time He got back up.

He would fulfill His mission. Period.

Let's persevere, let's fulfill our mission.

**(Wide Grip Pushups )**

## **8<sup>th</sup> Station: Jesus meets the women of Jerusalem**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

Jesus is being marched to His death and He still takes time to encourage others. He is self-less. He is all about others. He is all about us.

Who do we work for? Who do we serve? Who do we encourage?

Let's imitate our Lord and get louder in here. Let's encourage one another to go harder, finish stronger, with better form, seeking perfection all together.

Cowards get quiet in the face of adversity. Leaders get louder.

**(Lateral Leg Raises (on Left) Right Arm Straight Up)**

## **9<sup>th</sup> Station: Jesus falls for the third time**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

And another fall. We've all been through this. We want to achieve a personal best, break a record, accomplish a goal, see improvement ... and we fail.

Jesus knows exactly what we are going through. But Jesus was relentless. He always got back up.

Jesus teaches us to forget about the failures and focus on the finish.

Let's be relentless.

**(Plank to Pushup)**

## **10<sup>th</sup> Station: Jesus is stripped of His garments**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

Betrayed, arrested, spit on, jailed, slapped, scourged, crowned with thorns, condemned, forced to carry a cross ... and now stripped in public.

If we ever think that our life is hard, that we have it tough ... just think about Jesus in this moment. Jesus = Toughness. Never let anyone tell you that Jesus wasn't tough.

With the blink of an eye He could have destroyed every one of his torturers, yet He took it because He wanted you to be able to look at Him when your life got rough and know that He is with you and with Him you can conquer anything.

**(Wide Grip Slow Mountains Climbers)**

## **11<sup>th</sup> Station: Jesus is nailed to the cross**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

We should offer up to God all our sufferings, all our sweat, all our difficulties.

We should offer them up and make them into prayers.

This workout should be a prayer that we are offering up to God for others and we should name them ... For example, “I’m offering this up for my mom who has cancer, or I’m offering this up for the little kid who gets bullied.”

That is sacrifice. That’s what Jesus’ crucifixion was all about. Offering Himself for us. Who are you offering this workout for? (Have everyone shout it out during the wall sit)

**(Front Leg Raises Arms in Cross and Right Foot over the Left Foot Imitating Jesus)**

## **12<sup>th</sup> Station: Jesus dies on the cross**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

Was anyone more passionate, more ALL IN than Jesus.

He did give anything and everything. It's not a nice cliché with Him. It is reality.

He gave His life for you.

Let's have the passion to give our lives for Him!

**(Wide Grip Planks in Pushup Hold Position )**

## **13<sup>th</sup> Station: Jesus is taken down from the cross**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

While Jesus was hanging in agony on the cross Mary, Mary Magdalene and John were there for Him. They did not abandon Him. Jesus could count on them. They were loyal.

Are you that kind of friend? Can every one of your friends count on you to be there for them when adversity hits?

Let's prove to one another that we are that loyal, accountable friend by how strong we finish this workout.

**(Superman Arms in Cross)**

## **14<sup>th</sup> Station: Jesus is placed in the tomb**

We adore Thee, O Christ, and we bless Thee.

Because by Thy holy Cross, Thou hast redeemed the world.

Jesus' passion and death were not the end. It was only the beginning. He did rise from the dead and change everything!

This workout should renew us, give us hope and strengthen us. We **CAN** achieve greatness ... we were made for eternity ... we were made for Heaven.

May our struggles, sweat and pain here give us the confidence to know that we can conquer anything in this life, that we can conquer temptation, that we can conquer peer pressure, that we can conquer our weaknesses.

In Christ we can conquer.

**(Wall Sit Arms in Cross)**