



TRUMAN HIGH SCHOOL

Pugh-Summers

**INTRO/ADVANCED STRENGTH &
CONDITIONING**

April 13, 2020



Lesson: April 13th, 2020

Objective/Learning Target:

Students will build on prior knowledge and experience to guide their workouts to improve their personal levels of the 5 components of fitness: Students will build on prior knowledge and experience to guide their workouts to improve their personal levels of the 5 components of fitness:

1. Cardiovascular Endurance
2. Muscular Strength
3. Muscular Endurance
4. Flexibility
5. Body Composition

Monday

Warm Up		Notes:		
High Knees	x 15 yd	When Bored....Do this: Bike, Read, Walk, Stretch, Foam Roll, Meditate...		
Butt Kicks	x 15 yd			
Lunge Walk	x 15 yd			
Carioca	x 15 yd			
Alt. Side Lunge	x 15 yd			
Tin Soldier	x 15 yd			
Heel Sweeps	x 15 yd			
A-March	x 15 yd	DISTANCE	SETS	REPS
A-Skip	x 15 yd	10yd	3	x1
		20yd	2	x1
		40yds	3	x1
A/C Skip	x 15 yd	Have Someone time you if possible. This is for speed development, not conditioning so you need full recovery in between each one. Full Recovery is between 3-5 minutes. Today, you're only running 3. Remember, this is a process. We will add more each week. DOMINATE!		
3 Broad Jumps	2x			
5 Single Leg Jumps	each Leg			
10 yd Sprint	X2			

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Monday

Order	Exercise	April 13th	
		Sets/Reps	NOTES
1A	Snap Down To Single Leg	3x3 each leg	
1B	Snap Down to Broad Jump	3x3	
1C	Snap Down to Lateral Jump	3x2/side	
2A	Couch Elevated Split Squat 4 Sec. Down (foot on furniture)	3x8	
2B	Push up or Hand Pick Up Push-Up	3x10-12	Eccentric: 4 sec
3a	Lateral Lunge	3x6	
3b	Spiderman w/ a reach	3x10 (2 sec hold)	
3c	Single Leg RDL	3x4	
4a	Single leg Calf Raises	3x20-25 ea	
4b	Lawnmower Pulls (milk jugs?) Keep elbow tight to body	3x10-15	
3	Shoulder Front Raise	3x10-15	
4	Shoulder Lateral Raise	3x10-15	