



**TRUMAN HIGH SCHOOL**

**Pugh-Summers**

**INTRO/ADVANCED STRENGTH &  
CONDITIONING**

**April 14th, 2020**



Lesson: April 14th, 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

# Tuesday

TUESDAY (AGILITY/MOBILITY)	Set(s)	REPS	NOTES
Warm UP: Normal			
High Knees	x 15 yd		
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		
A-Skip	x 15 yd		
A/C Skip	x 15 yd		
3 Broad Jumps	2x		
5 Single Leg Jumps	each Leg		
10 yd Sprint	X2		
HIP MOBILITY: Pick one and follow along			
<a href="#">Beginners Stretch Routine: 20 minutes</a>			
<a href="#">Hip Mobility Routine: 12 Minutes</a>			
<a href="#">Advanced Mobility Routine: 12 minutes</a>			

# Tuesday

## TUESDAY (AGILITY/MOBILITY)

Agility:				
PRO AGILITY VARIATIONS:		Set(s)	REPS	NOTES
Shuffle Sprint		2	1x Each Way	1-2 minute rest
Sprint Shuffle Sprint		2	1x Each Way	
Sprint Sprint Sprint		2	2x Each Way	
TUESDAY (AGILITY/MOBILITY)		Set(s)	REPS	NOTES
	CORE			
<a href="#">Plank Get Ups: Lead w/ different arm each set</a>		4	10	
<a href="#">Leg Lifts</a>		4	10	
<a href="#">Plank Shoulder Taps</a>		4	10	
<a href="#">Ab Twists</a>		4	20	
			200 Total Reps	

[COOL DOWN: MYRTLE ROUTINE](#)