



TRUMAN HIGH SCHOOL

Pugh-Summers

**INTRO/ADVANCED STRENGTH &
CONDITIONING**

April 15th, 2020



Lesson: April 15th, 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

Wednesday

WARM UP

Lunge Walk	x 15 yd	When Bored....Do this: Bike, Read, Walk, Stretch, Foam Roll, Meditate...
Carioca	x 15 yd	Wednesday Plyo/Speed Workout
Alt. Side Lunge	x 15 yd	<u>2x 5 Single-Leg Lateral Hops</u>
Tin Soldier	x 15 yd	<u>3x 20-Yard Speed Bounds</u>
Heel Sweeps	x 15 yd	3x Stair Sprints-Be careful. Sprint up the stairs.
A-March	x 15 yd	Stair Sprints--Set 1: single steps. Every step on the way up.
A-Skip	x 15 yd	Stair Sprints--Set 2: Every other step on the way up.
A/C Skip	x 15 yd	Stair Sprints--Set 3: Try every 3rd step. If not every other.
3 Broad Jumps	2x	
5 Single Leg Jumps	each Leg	
10 yd Sprint	X2	

Wednesday

		Sets/Reps	NOTES
1	<u>Quadruped T-Spine Rotations</u>	2x5/side	
2	<u>Quadruped Hip CAR's</u>	2x5/side	
3	<u>1/2 Kneeling Groin Stretch w/Rotation</u>	2x5/side	
1A	<u>Broomstick/medball Overhead Squat</u>	3x5	
1B	<u>Goodmornings (backpack)</u>	3x10-15	
2A	Power Jumps (Explosive) Be careful	4x6	Up stairs
2B	<u>Table/Tailgate Inverted Row</u>	4x10	Be careful
3A	<u>Couch Elevated SL Glute Bridge</u>	3x8	
3B	<u>Overhead Press: Be creative/Be careful</u>	3x3	Db/Med ball
3C	<u>Reverse Lunge</u>	3x10each	
4A	<u>Couch Stretch</u>	3x5/s	
4B	<u>Scapular Wall Slides w/Lift Off</u>	3x8	
4C	<u>Bear Crawl ISO Raise</u>	3x6/s	
4D	<u>Prone T Arm Circles</u>	3x25secs	