



TRUMAN HIGH SCHOOL

Pugh-Summers

**INTRO/ADVANCED STRENGTH &
CONDITIONING**

April 27th, 2020



Lesson: April 27th, 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

Order	Exercise	April 20th	
		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	3x20	
2C	Push up or Hand Pick Up Push-Up	1xMAX	PUSH IT!
3a	Lateral Lunge	3x10 Each	
3b	Spiderman w/ a reach	3x10 (2 sec hold)	
3c	Single Leg RDL	3x6	
4a	Single leg Calf Raises	3x25-30 ea	
4b	Lawnmower Pulls (milk jugs?) Keep elbow tight to body	3x10-15	
5a	Shoulder Front Raise	3x10-15	
5b	Shoulder Lateral Raise	3x10-15	

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	SPRINT SPEED DEVELOPMENT		
A-March	x 15 yd	DISTANCE	SETS	REPS
A-Skip	x 15 yd	10-20 yds UP HILL	12-16	x1
		COOL DOWN		
A/C Skip	x 15 yd	Hill Sprints. Find a hill. Sprint up walk down. Full recovery. DOMINATE!		
3 Broad Jumps 2x				
5 Single Leg Jumps each Leg				
10 yd Sprint X2				