



TRUMAN HIGH SCHOOL

Pugh-Summers

**INTRO/ADVANCED STRENGTH &
CONDITIONING**

April 28th, 2020



Lesson: April 28th, 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

[Beginners Stretch Routine: 20 minutes](#)

[Hip Mobility Routine: 12 Minutes](#)

[Advanced Mobility Routine: 12 minutes](#)

Tuesday

TUESDAY (AGILITY/MOBILITY)

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

[COOL DOWN: MYRTLE ROUTINE](#)