



**TRUMAN HIGH SCHOOL**

**Pugh-Summers**

**INTRO/ADVANCED STRENGTH &  
CONDITIONING**

**April 29th, 2020**



Lesson: April 29th, 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

		Sets/Reps	NO
1	<a href="#">Quadruped T-Spine Rotations</a>	2x5/side	
2	<a href="#">Quadruped Hip CAR's</a>	2x5/side	
3	<a href="#">1/2 Kneeling Groin Stretch w/Rotation</a>	2x5/side	
1A	<a href="#">Broomstick/medball Overhead Squat</a>	3x5	
1B	<a href="#">Goodmornings (backpack)</a>	3x10-15	
2A	Power Jumps (Explosive) Be careful	4x6	Up
2B	<a href="#">Table/Tailgate Inverted Row</a>	4x10	Be c
3A	<a href="#">Couch Elevated SL Glute Bridge</a>	3x8	
3B	<a href="#">Overhead Press: Be creative/Be careful</a>	3x3	Db/M
3C	<a href="#">Reverse Lunge</a>	3x10each	
4A	<a href="#">Couch Stretch</a>	3x5/s	
4B	<a href="#">Scapular Wall Slides w/Lift Off</a>	3x8	
4C	<a href="#">Bear Crawl ISO Raise</a>	3x6/s	
4D	<a href="#">Prone T Arm Circles</a>	3x25secs	

# Wednesday

## WARM UP

Lunge Walk	x 15 yd	When Bored....Do this: Bike, Read, Walk, Stretch, Foam Roll, Meditate...
Carioca	x 15 yd	<b>Wednesday Plyo/Speed Workout</b>
Alt. Side Lunge	x 15 yd	<a href="#">2x 5 Single-Leg Lateral Hops</a>
Tin Soldier	x 15 yd	<a href="#">3x 20-Yard Speed Bounds</a>
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		