



**TRUMAN HIGH SCHOOL**

**Pugh-Summers**

**INTRO/ADVANCED STRENGTH &  
CONDITIONING**

**April 30th, 2020**



Lesson: April 30th, 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

CHOOSE 1  
of the  
following  
HIIT WORKOUTS

# Beginner HIIT

DAREBEE WORKOUT  
 @ darebee.com  
 repeat 5 times in total  
 up to 2 minutes rest between sets



15sec march steps



15sec high knees



15sec arm circles



15sec high knees



15sec bicep extensions



15sec high knees

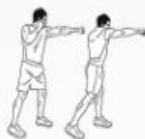
# HOT SAUCE

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20sec knee strikes



20sec punches



20sec knee strikes



20sec punches



20sec squat hold punches



20sec punches



20sec sitting punches



20sec sit-up punches



20sec sitting punches

# QUICK HIIT

WORKOUT  
 BY DAREBEE  
 @ darebee.com

Level I 3 sets  
 Level II 5 sets  
 Level III 7 sets  
 2 minutes rest



20sec high knees



20sec climbers



20sec plank hold



20sec jumping jacks



20sec punches



20sec squat hold punches