

FRIDAY - APR. 10, 2020

Workout	Set 1	
	Result	Reps
A Push Up		
B V-Ups		
C Burpees		
D Jump Rope		
E Mile Run	track number of miles walked or ran	
Pre-Workout Instructions	<p>Today's Workout extends all the way until Sunday Night!</p> <p>Objective- Track and complete as many reps of possible of each exercise over the course of Friday, Saturday, and Sunday. Then submit your totals to a coach via email or submit on twitter. The winner will be recognized for each category.</p> <p>Workout Order -</p> <ol style="list-style-type: none"> 1. Foam Roll 2. Ground Based Warm-Up 3. Sprint Warm-Up 4. Competitions 	
Foam Rolling Routine	<ul style="list-style-type: none"> - Unless otherwise stated each of these should be done for 8-12 passes. - The passes should be controlled and smooth. - If you find a spot that seems to feel uncomfortable continue to roll across that area. <p>Lie across foam roller to open shoulders and chest - 8-10 minutes either at the beginning or end of the session.</p> <ul style="list-style-type: none"> - Hamstring - Piriformis/Glute - IT Band/Glute Medius - Back - Lat - Quads - Hip Flexors 	
Dynamic Flexibility	<p>10-20 Yards</p> <p>Walking Knee Hugs Walking Lunges Inside-Out Squats Walking Tin Soldiers Walking Quad Stretch Open Gate Close Gate Walking Calf Stretch Walking Forward Arm Circles Walking Backward Arm Circles Lateral Lunges Walking Ankle Grab</p>	
Post Workout Follow Up	<p>How difficult was today's workout on a scale of 1-10 1 2 3 4 5 6 7 8 9 10</p> <p>How enjoyable was today's workout on a scale of 1-10 1 2 3 4 5 6 7 8 9 10</p> <p>What exercises did you not understand?</p> <p>What equipment limitations did you have today?</p>	
Contact	<p>If you have any questions, please use the following contact information:</p> <p>Coach McCall- John_McCall@isdschools.org Coach Rathke- Tyler_Rathke@isdschools.org Coach Rathke - @Coach_Rathke (Twitter)</p>	
Learning Target and Objectives	<p>Students will build on prior knowledge and experience to improve their personal levels of the 5 components of fitness.</p> <ol style="list-style-type: none"> 1. Cardiovascular Endurance 2. Muscular Strength 3. Muscular Endurance 4. Flexibility 5. Body Composition 	