

MONDAY - APR. 6, 2020

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>A Jump Squat</b>		5		5		5		5		5
	Land Soft									
<b>A Inverted Chin Up - Iso Hold</b>		30 secs		30 secs		30 secs		30 secs		30 secs
	Hold Pull Up Position (doorframe, treebranch, etc.)									
<b>B Split Jump</b>		5		5		5		5		5
	10 Total Reps - Jump from Split Squat									
<b>B Bench Dips - ISO</b>		30 secs		30 secs		30 secs		30 secs		30 secs
	Hold the bottom of the dip position. Elbows bent									
<b>C Tuck Jumps</b>		5		5		5		5		5
	Land soft, pull knees to chest on jump									
<b>C Push Up Plank</b>		30 secs		30 secs		30 secs		30 secs		30 secs
	Hold bottom of push-up position - Chest just off the ground									
<b>Pre-Workout Instructions</b>	<p>Today's Workout is a Dynamic Sprint/Jumping Day with a blend of Isometrics!</p> <p>Equipment Needed</p> <p>Something to pull up on (tree, tailgate, deck, ceiling rafter, etc.)            Chair or couch for dip holds            Stop Watch or Timer (10M Fly)</p> <p>Workout Order -</p> <ol style="list-style-type: none"> <li>1. Foam Roll</li> <li>2. Dynamic Warm-Up</li> <li>3. Sprint Drills</li> <li>4. 10 Meter Fly (3x as fast as you can run) walk back 3 minutes rest</li> <li>5. A Exercises</li> <li>6. B Exercises</li> <li>7. C Exercises</li> </ol> <p>Complete the pair for each letter. For example you will squat jump and then do a chin up hold. Then repeat that process until all 5 sets are finished. Then move on to B.</p>									
<b>Foam Rolling Routine</b>	<p>- 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> <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"> <li>- Hamstring</li> <li>- Piriformis/Glute</li> <li>- IT Band/Glute Medius</li> <li>- Back</li> <li>- Lat</li> <li>- Quads</li> <li>- Hip Flexors</li> </ul>									
<b>Dynamic Warm Up</b>	<p>Drill 10 Yds, Jog next 10 yds</p> <ul style="list-style-type: none"> <li>• High Knee Hug</li> <li>• Bent Leg Knee Hug</li> <li>• Walking Hip Rotator Stretch</li> <li>• Walking Quad Stretch</li> <li>• Walking Toe Touch</li> <li>• Walking Straight Leg Kicks</li> </ul>									
<b>Speed Prep</b>	<p>Get 30-40 Reps in 10 yds</p> <ul style="list-style-type: none"> <li>• A Skip x3</li> <li>• A Run x3</li> <li>• Straight Leg Ankling x 3</li> <li>• Power Skip x3</li> </ul>									
<b>D 10 Meter Fly</b>	<p><b>3 sets</b> - Record time to run 10 M</p> <p>Set up 10 meter zone to sprint through at your fastest. Walk off 10 big steps. Run into that zone and run through at top speed. - Rest 180 secs. between sets</p>									

MONDAY - APR. 6, 2020

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Post Workout Follow Up</b>	<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>									
<b>Contact</b>	<p>If you have any questions, please use the following contact information:            Coach McCall- John_McCall@isdschools.org            Coach Rathke- Tyler_Rathke@isdschools.org            Coach Rathke - @Coach_Rathke (Twitter)</p>									
<b>Lesson Target and Objectives</b>	<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"> <li>1. Cardiovascular Endurance</li> <li>2. Muscular Strength</li> <li>3. Muscular Endurance</li> <li>4. Flexibility</li> <li>5. Body Composition</li> </ol>									