

TUESDAY - APR. 7, 2020

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
A Push Up		25		25		25
A Hip Bridge		20		20		20
Push hips to sky, squeeze glutes						
A 2 Way Shoulder		10		10		10
B Wide Grip Pull Ups		10		10		10
Find something to grab on safely and pull up						
B Close Grip Push-Ups		20		20		20
B Weighted Russian Twists		15		15		15

Pre-Workout Instructions

Today's Workout is a total body upper emphasis

Equipment Needed

Something to pull up on (tree, tailgate, deck, ceiling rafter, etc.)
 Something to raise for 2 way shoulder (bag, laundry soap, rock, db, 10-20lbs)

Workout Order -

1. Foam Roll
2. Ground Based Warm-Up
3. Dynamic Flexibility
4. A Exercises
5. B Exercises

Complete the pair for each letter. For example you will do all three A exercises. Then move on to B.

Foam Rolling Routine

- 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.

Lie across foam roller to open shoulders and chest - 8-10 minutes either at the beginning or end of the session.

- Hamstring
- Piriformis/Glute
- IT Band/Glute Medius
- Back
- Lat
- Quads
- Hip Flexors

Ground Based Warm-Up #1

In Place

Supine Straight Leg Lifts 10 ea
 Crossover Leg Swings 10
 Scorpion Leg Swings 10
 Prone Ankle Rockers 10 ea
 Inch Worm Walk Outs with Squat 5
 Trunk Extensions 20 Seconds
 3 Way Trunk Flexion 10 Seconds ea
 Half Kneeling Adductor Stretch 10 ea
 Half Kneeling Ankle Mobility 10 ea
 Wrist Tornado Mobility 10 ea
 Windmills 10 ea

Dynamic Flexibility

10-20 Yards

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

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	Result	Reps	Result	Reps	Result	Reps
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: 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 					