

WEDNESDAY - APR. 8, 2020

Workout	Set 1	
	Result	Reps
A Timed Run	1 set - Record time to complete cardio/run Without walking, time how long you can run at a consistent pace	
B Extreme Iso Lunge	Split squat into a lunge position and hold at bottom	
C Lying Iso-Hold (Plank)		
D Iron Cross Hold	Hold something of weight in each hand. Same weight if possible.	
Pre-Workout Instructions	<p>Today's Workout is cardio and time based. Record a time for every activity you do!</p> <p>Equipment Needed</p> <p>Stopwatch</p> <p>Workout Order -</p> <ol style="list-style-type: none"> 1. Foam Roll 2. Ground Based Warm-Up 3. Sprint Warm-Up 4. Timed Run 5. Exercises for Time <p>Record your time for each activity. Email it in or send it out in a tweet!</p>	
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</p> <p>Walking Lunges</p> <p>Inside-Out Squats</p> <p>Walking Tin Soldiers</p> <p>Walking Quad Stretch</p> <p>Open Gate</p> <p>Close Gate</p> <p>Walking Calf Stretch</p> <p>Walking Forward Arm Circles</p> <p>Walking Backward Arm Circles</p> <p>Lateral Lunges</p> <p>Walking Ankle Grab</p>	
Pre Game CNS Primer Warm UP	<p>Speed Drills</p> <p>A Skip 2 x 10 yards</p> <p>High Knee Run 2 x 10 yards</p> <p>Backward Hip With a Skip 2 x 10 yards</p> <p>High Side Slide 2 x 10 yards</p> <p>Backward Skip with Arm Circles 2 x 10 yards</p> <p>Straight Leg Bounds 2 x 10 yards</p> <p>Skips for Height 2 x 10 yards</p> <p>Skips for Distance 2 x 10 yards</p> <p>Quick Skips with Arm Cross 2 x 10 yards</p>	

WEDNESDAY - APR. 8, 2020

Workout	Set 1	
	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 	