

THURSDAY - APR. 9, 2020

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Power Step Ups		5		5		5		5		5
add some sort of weight in hands										
A Stair Bunny Hops		20 secs		20 secs		20 secs		20 secs		20 secs
20 Seconds on as fast as you can go										
B Single Leg Squat		5		5		5		5		5
Squat to the chair and stand up using one leg										
B Alt Stair Climbers		25		25		25		25		25
Move as fast as you can up and down alternating steps										
C Dumbbell Lateral Step-up		5		5		5		5		5
Face the side - step up and drive opposite knee- hold weight if possible										
C Single Leg Stair Hops		10		10		10		10		10
Complete 10 on each leg										
Pre-Workout Instructions	Today's Workout is a Dynamic Power Workout									
	Equipment Needed Chair or Couch Step or Stair Workout Order - 1. Foam Roll 2. Dynamic Flexibility 3. Dynamic Warm-Up 4. A Exercises 5. B Exercises 6. C Exercises Complete the pair for each letter. For example you will super set the step up and stair hops alternating back and forth until all 5 sets are completed. Then move on to B and repeat.									
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									
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									
Dynamic Warm Up	Drill 10 Yds, Jog next 10 yds									
	<ul style="list-style-type: none"> • High Knee Hug • Bent Leg Knee Hug • Walking Hip Rotator Stretch • Walking Quad Stretch • Walking Toe Touch • Walking Straight Leg Kicks 									

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	Result	Reps	Result	Reps	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@idschools.org Coach Rathke- Tyler_Rathke@idschools.org Coach Rathke - @Coach_Rathke (Twitter)</p>									
Lesson 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 									