



Advanced and Intro Strength and Conditioning

May 14, 2020



Objective/Learning Target:

Students will build on prior knowledge and experience to guide their workouts to improve their personal levels of the 5 components of fitness: Students will build on prior knowledge and experience to guide their workouts to improve their personal levels of the 5 components of fitness:

- 1. Cardiovascular Endurance**
- 2. Muscular Strength**
- 3. Muscular Endurance**
- 4. Flexibility**
- 5. Body Composition**

In-Place Warm Up

- Warm-up
X10 Reps Each Exercise
- Neck Rolls
 - Shoulder Circles
 - Arm Circles
 - Hip Circles
 - Trunk Circles
 - Good Moming
 - Seated Hip Up
 - Lying Straight Leg Raises
 - Lying Bent Knee Trunk Rotations
 - Lying Straight Leg Iron Cross

Warm-up should be done prior to all lifting sessions.

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Burpees		20		20		20		20
A Body Squat		20		20		20		20
A Single Leg Hip Thrust		20		20		20		20
B Split Jump		15		15		15		
B Walking Lunges		20		20		20		
B Superman		20		20		20		
C Calf Raises		15		15		15		
C Bicycles		40		40		40		
C V-Ups		40		40		40		



Bodyweight Program Progression

This program will consist of 5 Weeks of Training with the intensity, and time increasing as we progress on a weekly basis. The Progression for the program will be listed here.

Week 1: 45 Seconds rest after all sets and reps are completed.

Week 2: 45 Seconds rest after all sets and reps are completed.

Week 3: 30 Seconds rest after all sets and reps are completed.

Week 4: 30 Seconds rest after all sets and reps are completed.

Week 5: 25 Seconds rest after all sets and reps are completed.

Lesson Target and Objectives	<p>Students will build on prior knowledge and experience to guide their workouts 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
RPE	<p>On a scale of 1 to 10, rate the difficulty of today's workout.</p> <ol style="list-style-type: none"> 1 2 3 4 5 6 7 8 9 10
Contact	<p>If you need any assistance, please use the following contact information: Coach Harris - William_Harris@idschools.org Coach Kolster - Jay_Kolster@idschools.org</p>
Sample Survey	<p>How many uninterrupted hours of sleep did you get last night? Did you eat a preworkout meal? Did you plan for a post-workout meal? Yes/NO</p>