



Advanced and Intro Strength and Conditioning

May 4, 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**

| Workout | Set 1 | | Set 2 | | Set 3 | | Set 4 | |
|--------------------------------|--|------|--------|------|--------|------|--------|------|
| | Result | Reps | Result | Reps | Result | Reps | Result | Reps |
| In-Place Warm Up | Warm-up X10 Reps Each Exercise <ul style="list-style-type: none"> • Neck Rolls • Shoulder Circles • Arm Circles • Hip Circles • Trunk Circles • Good Morning • 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. | | | | | | | |
| A Burpees | | 15 | | 15 | | 15 | | 15 |
| A Body Squat | | 15 | | 15 | | 15 | | 15 |
| A Single Leg Hip Thrust | | 15 | | 15 | | 15 | | 15 |
| B Split Jump | | 15 | | 15 | | 15 | | 15 |
| B Walking Lunges | | 15 | | 15 | | 15 | | 15 |
| B Superman | | 15 | | 15 | | 15 | | 15 |
| C Calf Raises | | 15 | | 15 | | 15 | | |
| C Bicycles | | 30 | | 30 | | 30 | | |
| C V-Ups | | 30 | | 30 | | 30 | | |



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.

Bodyweight Program Progression

| | |
|-------------------------------------|---|
| 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> |