



# STRENGTH AND CONDITIONING -- COACH HARRIS - COACH

# KOLSTER

TUESDAY - APR. 7, 2020

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
<b>A</b> Push Up		15		15		15
<b>A</b> Inverted Row (Inverted Pull Up)		15		15		15
<b>A</b> Supine Push Up		15		15		15
<b>B</b> Dive Bomb Push Ups		15		15		15
<b>B</b> Chin Up		15		15		15
	Use Band If Needed to Complete Reps					
<b>B</b> Noels		15		15		15
<b>C</b> Side Planks		30 secs		30 secs		30 secs
<b>C</b> Push Up Plank		30 secs		30 secs		30 secs
<b>C</b> Supine Y Raise Hold		30 secs		30 secs		30 secs
<b>Foam Roll</b>	Foam Roll: Glutes, Hamstrings Quads Back  Do Prayers on foam roller					
<b>Lesson Target and Objectives</b>	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					
<b>RPE</b>	On a scale of 1 to 10, rate the difficulty of today's workout. 1 2 3 4 5 6 7 8 9 10					
<b>Contact</b>	If you need any assistance, please use the following contact information: Coach Harris - William_Harris@idschools.org Coach Kolster - Jay_Kolster@idschools.org					
<b>Sample Survey</b>	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					