



STRENGTH AND CONDITIONING -- COACH HARRIS - COACH

KOLSTER

THURSDAY - APR. 9, 2020

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
A Box Jump		15		15		15
Box Should be at a low height so the reps can be done rapidly						
A Sumo Squats		15		15		15
A Glute Bridge (non-weighted)		15		15		15
B Tuck Jumps		15		15		15
B Lateral Lunges		15		15		15
B Body Hip Hinge		15		15		15
C 3 Way Calf Raise		10		10		10
C Flutter Kicks		30		30		30
C Toe Touches		30		30		30

Foam Roll	<p>Foam Roll: Glutes, Hamstrings Quads Back</p> <p>Do Prayers on foam roller</p>
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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
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RPE	<p>On a scale of 1 to 10, rate the difficulty of today's workout.</p> <p>1 2 3 4 5 6 7 8 9 10</p>
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Contact	<p>If you need any assistance, please use the following contact information: Coach Harris - William_Harris@isdschools.org Coach Kolster - Jay_Kolster@isdschools.org</p>
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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>
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