



TRUMAN HIGH SCHOOL

Pugh-Summers

**INTRO/ADVANCED STRENGTH &
CONDITIONING**

May 18th, 2020



Lesson: May 18th, 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

Monday

Warm Up		Notes:		
High Knees	x 15 yd	When Bored.....Do this: Bike, Read, Walk, Stretch, Foam Roll, Meditate...		
Butt Kicks	x 15 yd			
Lunge Walk	x 15 yd			
Carioca	x 15 yd			
Alt. Side Lunge	x 15 yd			
Tin Soldier	x 15 yd			
Heel Sweeps	x 15 yd	SPRINT SPEED DEVELOPMENT		
A-March	x 15 yd	DISTANCE	SETS	REPS
A-Skip	x 15 yd	10-20 yds UP HILL	12-16	x1
		COOL DOWN		
A/C Skip	x 15 yd	Hill Sprints. Find a hill. Sprint up walk down. Full recovery. DOMINATE!		
3 Broad Jumps 2x				
5 Single Leg Jumps each Leg				
10 yd Sprint X2				

**CHOOSE BETWEEN THE
NEXT THREE SLIDES**

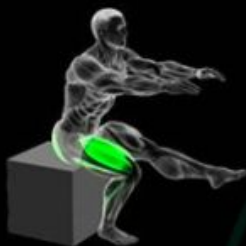
Monday

Order	Exercise	April 20th	
		Sets/Reps	NOTES
1A	Snap Down To Single Leg	3x3 each leg	
1B	Snap Down to Broad Jump	3x3	
1C	Snap Down to Lateral Jump	3x2/side	
2A	Couch Elevated Split Squat 4 Sec. Down (foot on furniture)	3x8	
2B	Push up or Hand Pick Up Push-Up	3x20	
2C	Push up or Hand Pick Up Push-Up	1xMAX	PUSH IT!
3a	Lateral Lunge	3x10 Each	
3b	Spiderman w/ a reach	3x10 (2 sec hold)	
3c	Single Leg RDL	3x6	
4a	Single leg Calf Raises	3x25-30 ea	
4b	Lawnmower Pulls (milk jugs?) Keep elbow tight to body	3x10-15	
5a	Shoulder Front Raise	3x10-15	
5b	Shoulder Lateral Raise	3x10-15	



MONSTER LEG WORKOUT

4 Rounds | 2 Mins Rest



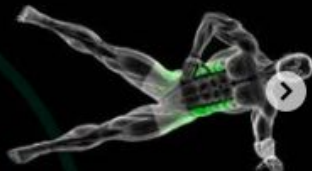
PISTOL BOX SQUATS

30 Secs



GLUTE BRIDGE HOLD

30 Secs



STAR BRIDGES

30 Secs



WALL SIT KICK OUTS

30 Secs



WALL SIT HOLD

30 Secs



WALL SIT MARCH

30 Secs

FAT BURNING HOME WORKOUT

5 Rounds | 2 Mins Rest



JUMP SQUATS

40 Secs



QUICK FEET

40 Secs



SQUAT JACKS

40 Secs



SPLIT JACKS

40 Secs



MOUNTAIN CLIMBERS

40 Secs



HIGH KNEES

40 Secs

