



TRUMAN HIGH SCHOOL

Pugh-Summers

**INTRO/ADVANCED STRENGTH &
CONDITIONING**

May 19th, 2020



Lesson: May 19th, 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

Tuesday

| TUESDAY (AGILITY/MOBILITY) | Set(s) | REPS | NOTES |
|-----------------------------|---------|------|-------|
| Warm UP: Normal | | | |
| High Knees | x 15 yd | | |
| 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 | | |
| A-March | x 15 yd | | |
| A-Skip | x 15 yd | | |
| A/C Skip | x 15 yd | | |
| 3 Broad Jumps 2x | | | |
| 5 Single Leg Jumps each Leg | | | |
| 10 yd Sprint X2 | | | |

HIP MOBILITY: Pick one and follow along

[Beginners Stretch Routine: 20 minutes](#)

[Hip Mobility Routine: 12 Minutes](#)

[Advanced Mobility Routine: 12 minutes](#)

Tuesday

TUESDAY (AGILITY/MOBILITY)

| Agility: | | | | |
|---|------|--------|----------------|-----------------|
| PRO AGILITY VARIATIONS: | | Set(s) | REPS | NOTES |
| Sprin Shuffle Sprint | | 2 | 1x Each Way | 1-2 minute rest |
| Sprint Sprtint Sprint | | 2 | 1x Each Way | |
| CLOCK DRILL | | 1 | 1x Each Way | |
| | | | | |
| TUESDAY (AGILITY/MOBILITY) | | Set(s) | REPS | NOTES |
| | CORE | | | |
| Plank Get Ups: Lead w/ different arm each set | | 4 | 10 | |
| Leg Lifts | | 4 | 10 | |
| Plank Shoulder Taps | | 4 | 10 | |
| Ab Twists | | 4 | 20 | |
| | | | 200 Total Reps | |

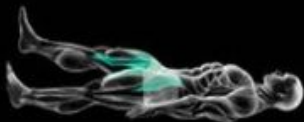
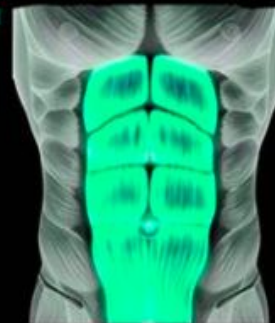
[COOL DOWN: MYRTLE ROUTINE](#)

30 MINUTE ABS HOME WORKOUT

@THETRAININGMANUAL



45 Sec Rest
Between Sets



FLUTTER KICKS
3 x 45 sec



REVERSE CRUNCH
3 x 45 sec



ANKLE TAPS
3 x 45 sec



PLANKS
3 x 45 sec



SIT-UPS
3 x 45 sec



LEG RAISES
3 x 45 sec