



TRUMAN HIGH SCHOOL

Pugh-Summers

**INTRO/ADVANCED STRENGTH &
CONDITIONING**

May 20th, 2020



Lesson: May 20th, 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

Wednesday

WARM UP

Lunge Walk	x 15 yd	When Bored....Do this: Bike, Read, Walk, Stretch, Foam Roll, Meditate...
Carioca	x 15 yd	Wednesday Plyo/Speed Workout
Alt. Side Lunge	x 15 yd	2x 5 Single-Leg Lateral Hops
Tin Soldier	x 15 yd	3x 20-Yard Speed Bounds
Heel Sweeps	x 15 yd	3x Stair Sprints-Be careful. Sprint up the stairs.
A-March	x 15 yd	Stair Sprints--Set 1: single steps. Every step on the way up.
A-Skip	x 15 yd	Stair Sprints--Set 2: Every other step on the way up.
A/C Skip	x 15 yd	Stair Sprints--Set 3: Try every 3rd step. If not every other.
3 Broad Jumps 2x		
5 Single Leg Jumps each Leg		
10 yd Sprint X2		

**CHOOSE BETWEEN THE
NEXT THREE SLIDES**

Wednesday

		Sets/Reps	NO
1	Quadruped T-Spine Rotations	2x5/side	
2	Quadruped Hip CAR's	2x5/side	
3	1/2 Kneeling Groin Stretch w/Rotation	2x5/side	
1A	Broomstick/medball Overhead Squat	3x5	
1B	Goodmornings (backpack)	3x10-15	
2A	Power Jumps (Explosive) Be careful	4x6	Up
2B	Table/Tailgate Inverted Row	4x10	Be c
3A	Couch Elevated SL Glute Bridge	3x8	
3B	Overhead Press: Be creative/Be careful	3x3	Db/M
3C	Reverse Lunge	3x10each	
4A	Couch Stretch	3x5/s	
4B	Scapular Wall Slides w/Lift Off	3x8	
4C	Bear Crawl ISO Raise	3x6/s	
4D	Prone T Arm Circles	3x25secs	

QUARANTINE



PUSH DAY



@THETRAININGMANUAL



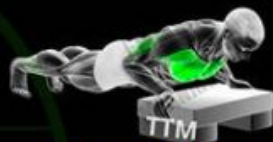
WALLSTAND PUSH-UPS

3 x 10



PUSH-UPS

3 x 10



INCLINE PUSH-UPS

3 x 15



TAP PUSH-UPS

3 x 15



PIKE PUSH-UPS

3 x 10



TRICEP DIPS

3 x 15

☆ 60 Seconds Rest Between Sets ☆

TOUGH CARDIO WORKOUT

NO EQUIPMENT NEEDED



JUMP SQUATS



MOUNTAIN CLIMBERS



BICYCLE CRUNCH

15
REPS



BURPEES



TUCK JUMPS



ANKLE TAPS