



TRUMAN HIGH SCHOOL

Pugh-Summers

**INTRO/ADVANCED STRENGTH &
CONDITIONING**

May 21st, 2020



Lesson: May 21st, 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

CHOOSE 1
of the
following
HIIT WORKOUTS

Beginner HIIT

DAREBEE WORKOUT
© darebee.com
repeat 5 times in total
up to 2 minutes rest between sets



15sec march steps



15sec high knees



15sec arm circles



15sec high knees



15sec bicep extensions



15sec high knees

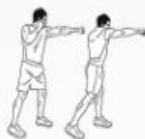
HOT SAUCE

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20sec knee strikes



20sec punches



20sec knee strikes



20sec punches



20sec squat hold punches



20sec punches



20sec sitting punches



20sec sit-up punches



20sec sitting punches

QUICK HIIT

WORKOUT
BY DAREBEE
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Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



20sec high knees



20sec climbers



20sec plank hold



20sec jumping jacks



20sec punches



20sec squat hold punches

HIIT WORKOUTS

WORKOUT #1



- 1 MIN: WARMUP
- 3 MIN: CONVERSATION PACE
- 1 MIN: PUSH PACE
- 1 MIN: CONVERSATION PACE
- 2 MIN: PUSH PACE
- 1 MIN: CONVERSATION PACE
- 3 MIN: PUSH PACE
- 1 MIN: CONVERSATION PACE
- 4 MIN: PUSH PACE
- 1 MIN: CONVERSATION PACE
- 1 MIN: ALL OUT
- 5 MIN: COOL DOWN

WORKOUT #2



* = REPEAT CIRCUIT 3-5 TIMES

- 30 JUMPING JACKS
- 5 PUSHUPS
- 25 HIGH KNEES
- 7 BURPEES
- 10 CRUNCHES
- 7 SQUATS
- 5 PUSHUPS
- 10 CRUNCHES
- 5 PUSHUPS
- 7 SQUATS
- 30 JUMPING JACKS
- 1 MINUTE WALL SIT
- 5 PUSHUPS
- 25 HIGH KNEES

WORKOUT #3



- 10 DB SQUATS
- 10 BODYWEIGHT JUMP SQUATS
- REST 30 SEC
- 10 SEATED DB SHOULDER PRESS
- DECLINE BENCH PUSH-UPS (AMRAP)
- REST 30 SEC
- 10 NEUTRAL GRIP CHIN-UPS
- 12 STANDING DB CURLS
- REST 30 SEC
- 10 LYING HAMSTRING CURLS
- DIPS - AMRAP
- REST 30 SEC
- 500M ON ROWING MACHINE(FAST)
- REST 2 MIN

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