



TRUMAN HIGH SCHOOL

Pugh-Summers

**INTRO/ADVANCED STRENGTH &
CONDITIONING**

May 15th, 2020



Lesson: May 15th, 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

CELEBRATE!!!!!!!!!!!!!!!

**I'M SO PROUD OF YOU
FOR DOMINATING
THIS YEAR!!**

I MISS YOU & I LOVE YOU!

I HOPE TO SEE YOU SOON!

HAVE FUN, BE CAREFUL &
DOMINATE SUMMER!

FRIDAY

WARM UP		When Bored...Do this: Bike, Read, Walk, Stretch, Foam Roll, Meditate...		
High Knees	x 15 yd	SPRINT SPEED DEVELOPMENT		
Butt Kicks	x 15 yd	WORKOUT:	10-20-30-40yds	
Lunge Walk	x 15 yd	DISTANCE	REPS	REST btwn Each
Carioca	x 15 yd	10yds	5	1 min
Alt. Side Lunge	x 15 yd	20yds	3	2 min
Tin Soldier	x 15 yd	30yds	3	3 min
Heel Sweeps	x 15 yd	60yds	2	3-5 min
A-March	x 10 yd	10 & 20s focus on Drive and Acceleration. 30s focus on the transition. 60s focus on posture, leg/arm drive COOL DOWN & STRETCH		
A-Skip	x 10 yd			
A/C Skip	x 10 yd			
Boom Booms Right Leg Up	x 10 yd			
Boom Booms Left Leg Up	x 10 yd			
COOL DOWN:		The Myrtle Routine: DO IT!		

**CHOOSE BETWEEN THE
NEXT THREE SLIDES**

FRIDAY

		Sets/Reps	NOTES
SPRINTS	See Sprint Workout below. Perform strength workout after sprint workout.		
1	Body Weight Squat (Eccentric)	3x10-12	4 sec lowering
2	Feet Elevated Push-Ups	3xMax	
1A	Towel Glute Bridge Slides	3x6	1 ft. at a time
1B	Upright Rows	3x15-20	
2A	Glute Bridge w/Reach	4x6each side	\
2B	I's Y's T's W's	4x16(4each)	
	Lateral Lunge(Goblet)	4x6 each	
4A	Bicep Curls: 21's	3x21	
4B	Weight Calf Raises	3x20-25	Db/Med ball
4C	Wall Tricep Extension	3x15-20	
4D	Farmers Carry	5x25secs	

FULL BODY HOME WORKOUT



SPLIT SQUATS
3x12 reps per side



SINGLE LEG HIP THRUST
3x12 reps per side



PUSH UPS
3x12 reps



TABLE ROWS
3x15 reps



PIKE PUSH UPS
3x12



PLANK
3x45 seconds

FITNESS TIPSTERS
— FITNESS & NUTRITION TIPS —

COVID-19 HOME WORKOUT

@TOPGYMTIPS



SQUAT
3 X 60 SECS



PUSH-UPS
3 X 30 SECS



CALF RAISES
3 X 30 SECS



SIT-UPS
3 X 45 SECS



TRICEP DIPS
3 X 30 SECS



SIDE PLANKS
3 X 45 SECS