



PE/Health Virtual Learning

Strength & Conditioning 7th&8th

Flex Friday

April 10th, 2020



7th+8th Grade Strength & Conditioning
Lesson: April 10th, 2020

Objective/Learning Target:

Students will be able to analyze technique of selected exercises and track a personal activity log.

Fitness Knowledge; compare and contrast health-related fitness components.

NASPE Standard S3.M7

Flex Friday Workout

Essential Questions and Lesson Objective.

EQ: What does the word flex mean? When flexing a muscle what happens?

LO: To understand what happens when there is constant tension on muscles being contracted.

Muscle flexing is more accurately known as **muscle** contraction, because when **you flex your muscles**, you're creating tension that's temporarily making the **muscle** fibers smaller or contracted. ... So, instead of moving weights, the **muscle** is being strengthened by holding still.

Flex Friday Instructional Videos.

These exercises will be used throughout this workout.

- [Standing Bicep Curls](#)
- [Hammer Curls](#)
- [Barbell Curls](#)
- [Overhead Tricep Extension](#)
- [Tricep Pushup](#)

Dynamic Warm-Up

This warm-up should take about 2-3 mins if done the proper way.

- **25 Jumping Jacks**- Use your school's mascot in your cadence. Bear Jacks, Patriot Jacks and Panther Jacks. Instead of counting say your mascot 10 times.<https>
- **[15 Air Squats](#)**-
- **[Toy Soldier](#)**-
- **High Knees** -15 ft , jog 15 ft
- **6 Sprints**- 2 @50%, 2@75% and 2 @100% 30 ft

Flex Friday Workout.

- All Exercises will have a 20 second rest between sets.
You may add more rest time or lessen the rest time. As a reminder you can increase or modify the workout to meet your physical needs or limitations.

Flex Friday Workout.

- **Dumbbell Bicep Curls-** 4 set of 25. Use soup cans or water jugs to simulate dumbbells.
- **Hammer Curls-** 4 sets of 25. Use soup cans or water jugs to simulate dumbbells.
- **Barbell Curls-** 4 sets of 20. Use a broom or mop to simulate a barbell.
- **Overhead Tricep Extension-** 3 sets of 25. Use a soup can, water jug or backpack to simulate a dumbbell.
- **Tricep Push-ups-** 4 sets of 20.

Flex Friday Workout Continued.

- **Cardiovascular Exercise-** Choose an exercise to get your heartrate up for ten minutes. Some options to think about are jog, rope jumps, no rope jumps, run in place, sports, or you choose. Remember you can mix these options up to achieve the ten minutes.
- **Cool Down-** Walk three minutes.

Reflection.

- When you flex your biceps how did you it feel?
- What was your favorite exercise and why?
- What was your least favorite exercise and why?
- How would you modify this workout to best fit your needs?