

WEEK OF MAY 18, 2020

Cardio and Core, and Free Weight workouts

COURSE

Strength & Conditioning

INSTRUCTOR

Coach Courtney

GRADE

Middle/High School

KEY LEARNING(S)

Strengthen core muscles and increase heart rate. 45 minutes of daily cardio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wall-sits [5 sets 1min each set]	Squats [5 sets of 20]	Jump Rope or Jumping Jacks [100] or [jump rope for 5 min]	Jump Squats [5 sets of 20]	Line Jumps [Find a line on the floor and jump over the line. 3 sets of 10 each direction]
Regular Plank [5 sets 1min each set]	Wall Sit [5 sets 1min each set]	Squats [5 sets of 25]	Push ups [5 SETS OF 10]	Plank [5 sets 1 min each]
Sit-up/Crunches [100 total]	Sit-up/Crunches [100 total]	Sit-up/Crunches [100 total]	Sit-up/Crunches [100 total]	Sit-up/Crunches [150 total]
Scissors [lay flat on your back and hold your legs straight and kick them up and down. Up and Down = 1. 4 sets of 25]	Push ups [5 sets of 10]	Walking lunges [5 sets of 10]	Burpees [3 sets of 10]	Push ups [5 sets of 20]
45 min walk [wear mask]	45 min run/walk [wear mask]	45 min run/walk [wear mask]	45 min run/walk [wear mask]	45 min run/walk [wear mask]

ADDITIONAL INFORMATION

All workouts can and should be done inside, practice social distancing when running and walking outside. Stay Safe!

Drink plenty of water! 11-15 cups of water is healthy daily water intake amount, that's about 2.7-3.7 liters of water. Eat lots of veggies, good proteins like nuts, soy proteins, beans etc.