

Weight Training Periods 1-3

Warm ups

1st period start warmup at 8:30 M-Th (8:30 Friday)

2nd period start warmup at 9:32 M-Th (9:12 Friday)

3rd period start warmup at 10:25 M-Th (9:57 Friday)

Monday

1st= 5 laps

2nd & 3rd = 4 laps

Tuesday and Thursday

(If there is someone who can't run, have them grab the jump ropes from the weight room. Otherwise, pick someone to do it while the rest are running)

1st= 4 laps, 10 hesitation pushups, 45 crunches (abs), 75 jump ropes

2nd and 3rd= 3 laps, 10 hesitation pushups, 45 crunches (abs), 75 jump ropes

Wednesday

1st= 4 laps and Dot Drill in the Weight room

2nd & 3rd = 3 laps and Dot Drill in the Weight room

Friday

1st = 5 laps

2nd & 3rd = 4 laps

Workout Monday-Thursday

All periods are on the same workout schedule. Find the date on the spread sheet and the corresponding workout. IE March 28 is Group A, 10.8.6 and 3x10 Auxiliary. Tell them to be honest in their books and that you will not be checking them unless you know how.

Workout Friday

All periods can do Yoga, Basketball, or some other low impact, non-contact sport

If you are a substitute teaching on Friday, please do Yoga all three periods. The following students should be able to lead the session for you.

1st Period Hayle Sundquist and Kyndall Peterson

2nd Period Brianna Belice, Baylee Bair, Gabe Walker, Joe Kidd

3rd Period Branden Elmer and Tynn Christiansen

Closing Monday-Thursday

1st period. Stop workout at 9:03, read the announcements, release to the locker rooms

2nd period. Stop workout at 10:02, release to the locker rooms

3rd period. Stop workout at 10:55, release to the locker rooms

It is tradition to say "Team is Team" just before you release them to the locker rooms

Closing Friday

1st period. Stop workout at 8:45, read announcements, release to the locker rooms

2nd period. Stop workout at 9:33, release to the locker rooms

3rd period. Stop workout at 10:18, release to locker rooms

It is tradition to say "Team is Team" just before you release them to the locker rooms