

Coach Thomas
Weight Training Lesson Plans
Periods 1 - 2

<p style="text-align: center;"><u>Mon 18</u></p> <p>1st 8:20-9:20 2nd 9:25-10:13</p>	<p><u>Objective:</u> perform a quality workout- cardio, lifting, flexibility <u>Warm-Up:</u> pushups, core work, cardio <u>Lifting Schedule:</u> core lifts: "D" 5 x 5+ auxiliary lifts: 15-10-5+ <u>Assessment:</u> participation, completion of lifts, log book filled out correctly</p>
<p style="text-align: center;"><u>Tues 19</u></p> <p>1st 8:20-9:20 2nd 9:25-10:13</p>	<p><u>Objective:</u> perform a quality workout- cardio, lifting, flexibility <u>Warm-Up:</u> pushups, core work, cardio <u>Lifting Schedule:</u> core lifts: "A" 10-8-6+ auxiliary lifts: 3 x 10+ <u>Assessment:</u> participation, completion of lifts, log book filled out correctly</p>
<p style="text-align: center;"><u>Wed 20</u></p> <p>1st 8:20-9:20 2nd 9:25-10:13</p>	<p><u>Objective:</u> perform a quality workout- cardio, lifting, flexibility <u>Warm-Up:</u> pushups, core work, cardio <u>Lifting Schedule:</u> core lifts: "B" 10-8-6+ auxiliary lifts: 3 x 10+ <u>Assessment:</u> participation, completion of lifts, log book filled out correctly</p>
<p style="text-align: center;"><u>Thurs 21</u></p> <p>1st 8:20-9:20 2nd 9:25-10:13</p>	<p><u>Objective:</u> perform a quality workout- cardio, lifting, flexibility <u>Warm-Up:</u> pushups, core work, cardio <u>Lifting Schedule:</u> core lifts: "C" 10-8-6+ auxiliary lifts: 3 x 10+ <u>Assessment:</u> participation, completion of lifts, log book filled out correctly</p>
<p style="text-align: center;"><u>Fri 22</u></p> <p>1st 8:20-9:00 2nd 9:05-9:45</p>	<p><u>Objective:</u> perform a quality workout- cardio, flexibility <u>Warm-Up:</u> cardio <u>Activity:</u> yoga, stationary bike, cardio, or group activity <u>Assessment:</u> participation</p>