

ASSIGNMENT #10

{ LINCOLN HIGH SCHOOL
PHYSICAL EDUCATION DEPT



NOTE FROM YOUR COACH

WE ARE BUILDING ON THE PREVIOUS WEEKS.

A FEW THINGS:

- ◆ MAKE SURE TO REVIEW THE PREVIOUS INSTRUCTION GUIDES PRIOR TO STARTING.

- ◆ THERE IS ONE WORKOUT FOR MON, WED, FRI.

YOU DON'T HAVE TO WORK OUT ON THOSE SPECIFIC DAYS. YOU DO HAVE TO COMPLETE THREE WORKOUTS BEFORE THE ASSIGNMENTS ARE DUE ON MONDAY AM.

- ◆ ACTIVITY LOG- NEEDS TO BE PRINTED AND THEN SIGNED BY A PARENT / GUARDIAN.

Get a sheet of paper and copy each line of the activity log on the paper.

ALL the information on the log needs to be on your sheet example:
exercise set -reps/time - time start /end.

Then have it signed.

When it is complete with your phone take a pic and attach to an email back to me.

WARM UP: 25 Jumping Jacks

Dynamic Stretches:

MONDAY : Side to Side Shuffle
Carioca/ Grapevine
Backpedal Jog

WEDNESDAY: Wall Knee to Chest Lunge
Walk with Twist
Straight Leg Kick

FRIDAY: Heel to Rear Jog
Wall Knee to Chest
Power Skip plus Reach

Upper Body Workout - Bicep Curls

An at home weight if you don't have dumbbells can be a gallon of water, a container of laundry detergent even a can of beans could work find something you are comfortable with doing three sets with.

Start by holding a dumbbell in each hand at the sides of the body.

Keeping your elbows close to your side, slowly raise the dumbbells to the chest.

Moving with control, lower back to the starting position.

This counts as one rep.



Upper Body Workout - Tricep Kickback

Holding a dumbbell in each hand, hinge forward from your hips, bending the knees slightly. Bend your elbows behind you.

Straighten your arms behind you with your palms facing in. Your arms should be parallel to the floor. Squeeze your triceps, and then return to the starting position.

This counts as one rep.



Upper Body Workout – Push Ups

Come into plank position with your arms and legs straight, shoulders above the wrists.

Take a breath in, and as you exhale, bend your elbows out to the sides and lower your chest toward the ground. Stop as soon as your shoulders are in line with your elbows. Inhale to straighten the arms. This counts as one rep.

If this is too difficult, do this exercise with your knees on the floor. (See past instruction guide for modified version)



Upper Body Workout – Dips (couch/chair)



Position your hands shoulder width apart on the couch or on a secured bench or stable chair.

Move your booty in front of the couch with your legs out in front of you and feet placed about hip width apart on the floor.

Straighten your arms, and keep a little bend in your elbows in order to always keep tension on your triceps and off your elbow joints.

Now slowly bend at your elbows, and lower your upper body toward the floor until your arms are at about a 90-degree angle. Be sure to keep your back close to the couch.

Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position. This counts as one rep.

Abs Workout – Straight Leg Sit Up



- ◆ Begin on your back with your legs straight and arms raised toward the ceiling.



- ◆ Roll up to sitting, focusing on the abs rounding the back. Roll back down to the mat slowly, one vertebra at a time.
- ◆ This completes one rep.

Abs Workout – Pilates Scissors



- ◆ Lie on your back, and lift your upper body off the floor so your shoulder blades hover.
- ◆ Lift your right leg off the floor, and bring your left leg to 90 degrees, gently holding the left shin. Keep your upper body lifted as you switch or scissor your legs to complete one rep.

Abs Workout – V Sits



- ◆ Lie on your back, and reach your arms rigidly to your side, off the floor. Lift your legs off the floor, and point them, so they are at about a 45-degree angle. Lift your head, so your shoulders are off the floor as well.
- ◆ When you're ready to begin, lift your upper torso off the floor, and bend your knees. You can lean back to make this move harder or come up more to make it easier. Slowly lower your upper body back down to the floor, straightening out your legs as you do so. Stop when your back is on the floor, but not your head, shoulders, or legs.
- ◆ This completes one rep.

Cool Down Stretches

Chest Opener With Forward Bend



- Stand with your feet hips-width distance apart. Interlace your hands behind your back and squeeze your shoulder blades together to stretch your chest. Keeping your legs straight, bend at the hips, tucking your chin and bringing your hands over your head.
- Relax the back of your neck, and if the stretch is too intense, release your hands, placing them on the backs of your thighs, and soften your knees. Hold for 20 to 30 seconds and slowly roll up to standing.

Cool Down Stretches

Standing Quad Stretch



- Stand on your right leg with your knees touching. If you need to, grab hold of a chair or wall for support.
- Grab your left foot with your left hand and pull your heel toward your butt. Do your best to keep your chest upright, and don't worry about how close your foot is to your butt. Focus on the stretch on your left quad.
- Hold for 20 to 30 seconds, then switch legs.

Cool Down Stretches

Seated Twist



- Begin seated on your mat with your legs extended straight out in front of you.
- Bend your right knee and place your right heel as close to your left sit bone as you can.
- Reach your right arm behind you, and plant your palm or fingertips on the floor. Place your left hand or elbow on your right knee or thigh, and gently pull your knee to the left until you feel the stretch in your glutes.
- Hold for 20 to 30 seconds, then repeat on left side.