



Lincoln High School

Physical Education Department

**ASSIGNMENT #11**

## NOTE FROM COACH:

- ALL assignments need to be completed in full, signed by a parent / guardian and either scanned / take a pic of log and email to me.
- There will be one assignment posted per week. These assignments will require you to workout three days a week.
- PLEASE reach out to me if you have any issues or questions regarding these assignments.

# Instructions:

- My goal is by the end of the week you feel stronger and more confident in these exercises.
- To achieve this goal the workouts are designed for every other day. This allows to give you a “rest day”.

- Keep with the Mon, Wed, Fri schedule.
- Use the stopwatch feature on your cell phone to track your time.
- We are working on Cardio this week. Try to push yourself to see your time improve as the week progresses.

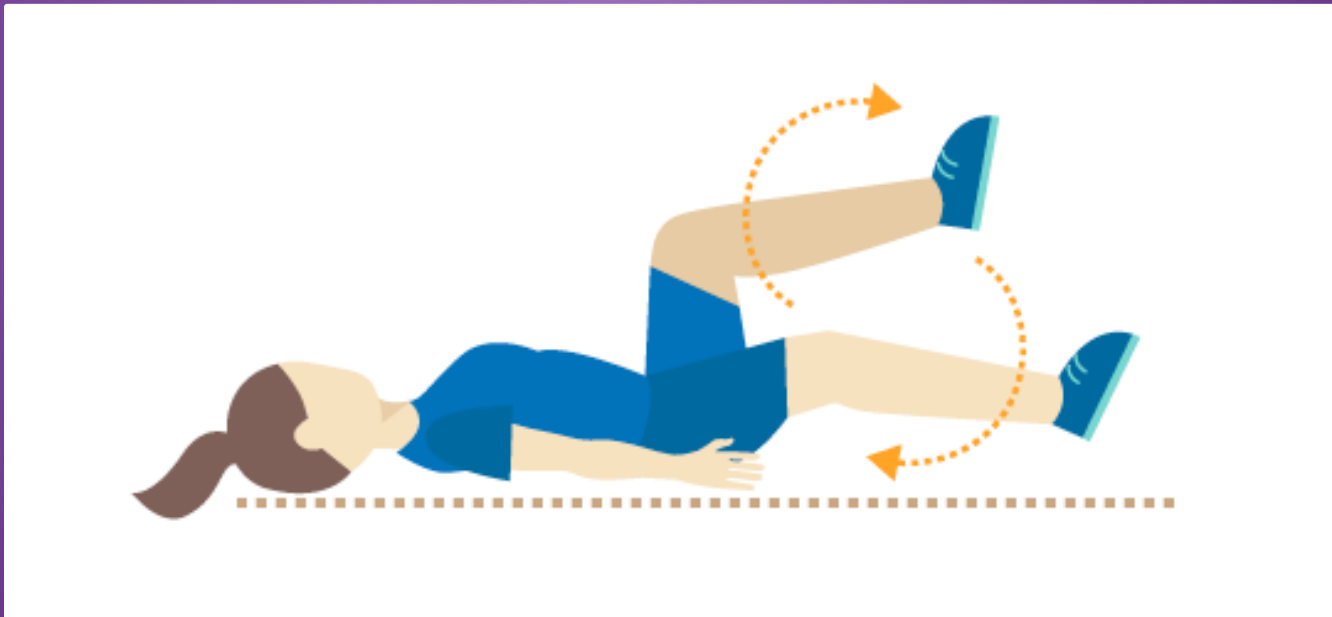
## TIPS:

- Walking is a great way be active on a “rest day”.
- Make sure you are aware of your form. Keep your technique and posture clean.

## Bicycle

Lay on the floor and lift the legs off of the ground, holding them in a cycling position.

Then, cycle as if you are riding a bicycle in the air.



- WARM UP: 60 seconds

# Dynamic Stretches

MONDAY

Side to Side Shuffle	10 steps to right/10 to the left (3 sets)
Carioca/ Grapevine	10 steps to right/10 to the left (3 sets)
Backpedal Jog	60 seconds (3 sets)

Wall Knee to Chest	16 steps (3 sets)
Lunge Walk with Twist	10 steps (3 sets)
Straight Leg Kick	16 steps (3 sets)

TUESDAY

Heel to Rear Jog	60 seconds (3 sets)
Wall Knee to Chest	16 steps (3 sets)
Power Skip plus Reach	16 steps (3 sets)

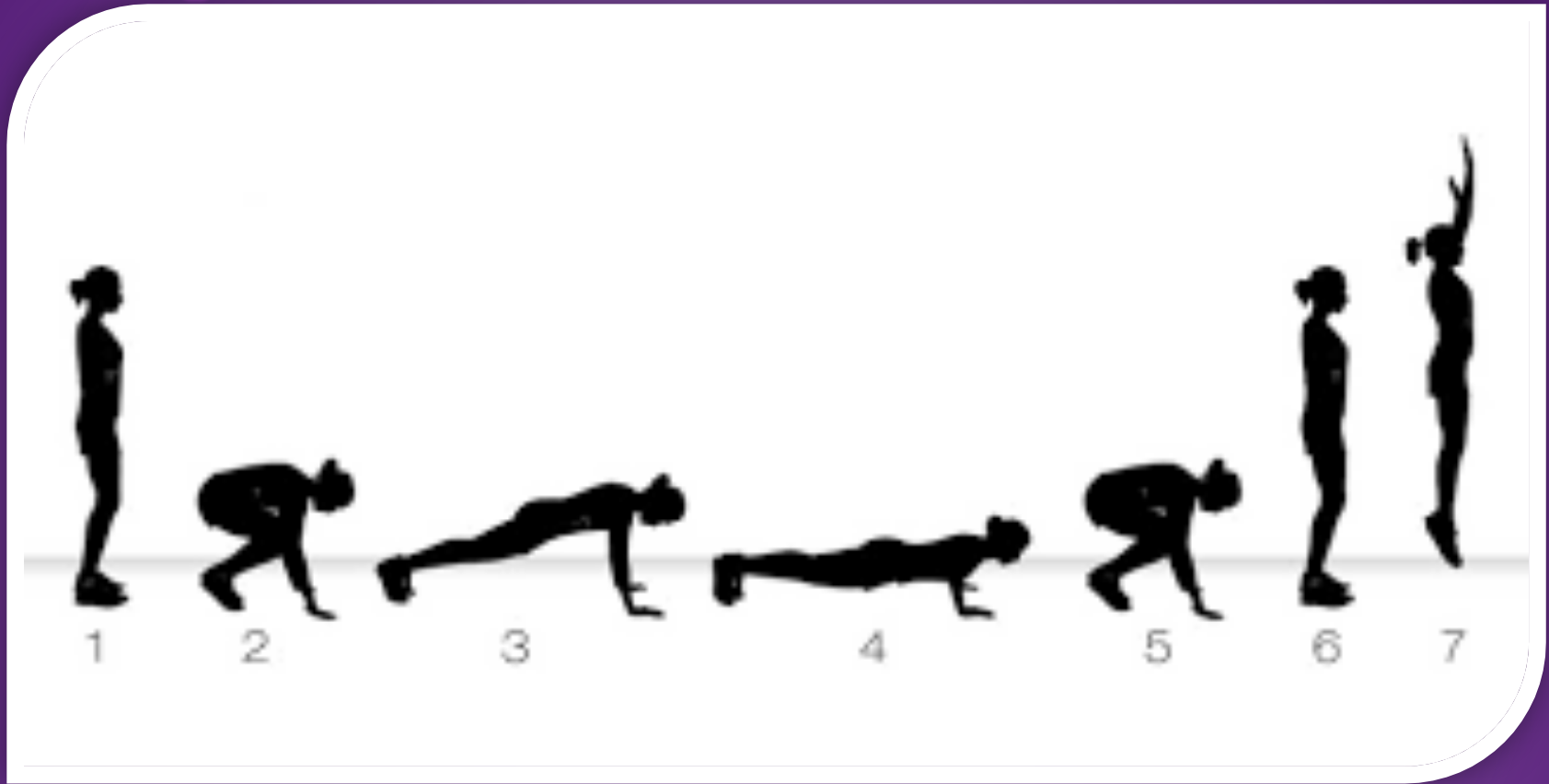
WEDNESDAY

# CARDIO WORKOUT

Jumping Jacks	75
Burpees	15
Jumping Jacks	50
Burpees	10
Jumping Jacks	25
Burpees	5

MAKE SURE YOU ALSO TRACK HOW LONG IT TOOK TO COMPLETE JUST THE CARDO PART OF THIS WORKOUT. THIS IS HOW YOU CAN TRACK YOUR PROGRESS.

# Burpee



If you feel like you're not ready just yet, try breaking the movement down into phases. Breaking the burpee down into separate moves is great for establishing stability and mobility, as well as teaching your body timing. You can start by practicing the deep squat, hand plank and squat up. Once you are comfortable with these separate motions, you can put all the moves together.



# Burpee

## Burpee best practices:

Your feet can be a little bit wider than hip-width apart to create a stable platform and open up space for your hands to reach the ground.

Place your hands directly under your shoulders.

If you can't keep your feet on the floor when placing your hands down, feel free to lift your heels.

Whether you perform a push-up at the bottom of the burpee or not, your pelvis should remain aligned with your upper back at all times.

Keep your spine strong from head to heels.

Avoid arching your lower back.



# 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.

# 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.

# 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.