

Weight Lifting

Coach Muller

Coach McNabb

Power Zone (Abdominal Exercises)

1. 50 Crossovers
2. 50 Toe Touches
3. 50 Twist N Shouts
4. 1 minute Plank

Hip Circuit (10 each leg)

1. 10 Kicks
2. 10 Reverse Kicks
3. 10 Straight Legs
4. 10 Fire Hydrants
5. 10 Side Legs

Bodyweight Workout

1. 20 X 10 Push Ups
2. 20 X 10 Air Squats

Directions: While watching TV the student will (at commercial break of course) drop and do 10 Push-Ups immediately followed by 10 Air Squats (parallel please).