

PHYSICAL EDUCATION WORKOUTS

MUSCULAR STRENGTH

ACTIVITY

RECOMMENDED

PUSHUPS

2+ SETS OF 8-10 REPS, DEPENDING ON STRENGTH

**PLYOMETRICS:
(BOXES, BOUNDS,
SPLIT SQUATS, POWER
SKIPS, ETC.)**

**2+ SETS OF 10 JUMPS OR DOWN AND BACK THE
LENGTH OF THE GYM FLOOR**

WRIST ROLLS

**2-3 SETS OF "X" AMOUNT OF WEIGHT
1 SET EQUALS 5+ UP AND DOWN

TRICEP EXTENSIONS

2 SETS OF 30 SEC. GRADUALLY WORKING UP TO 1 MIN

**WEIGHTLIFTING:
(BENCH, CURLS, SQUATS
LEG PRESS, ETC.)**

**2+ SETS OF 6-10 REPS (LOW REPS, HIGHER WEIGHT)
ASK INSTRUCTOR ABOUT ACCEPTED LIFTS

LUNGES

2+SETS DOWN AND BACK THE LENGTH OF THE GYM

MEDICINE BALL SERIES 1 SET OF THE ENTIRE SERIES

*** PROGRESSION SHOULD OCCUR EVERY 4-5 WEEKS**