

<u>1st Quarter</u>	<u>2nd Quarter</u>	<u>3rd Quarter</u>	<u>4th Quarter</u>
<p>Safety, Expectations, Locker Room Procedures etc.</p> <p>Physical Fitness Challenge (cadence push ups, flexibility, mile run)</p> <p>Core Life Pre Test-Bench/Squat/Push Press/Hang Clean</p> <p>Identifying muscle groups and exercises to work those muscles</p> <ul style="list-style-type: none"> • triceps • biceps • back • shoulders • chest • core • legs (hamstrings/quads) <p>Goal Setting/What do you want to accomplish?</p> <ul style="list-style-type: none"> • muscle growth • toning • calorie/fat burning • improved flexibility <p>Muscle Growth routines (sets/reps etc)</p>	<p>6 Week Program focused on muscle growth and development</p> <p>-Intro to Plyometric and various stretch routines</p> <p>Main Resources – www.plt4m.com</p> <p>-Core Lift Assessment</p> <p>-4 weeks of aquatics focused on survival strokes and techniques, intro to front diving and water polo</p>	<p>5 week program Focused on Calorie burning/toning</p> <p>Intro to HIIT (high intensity interval training)</p> <ul style="list-style-type: none"> • Tabata • Spartacus • Other...(use of apps/music etc.) <p>Why HIIT?</p> <ul style="list-style-type: none"> • Ease • Time • Free app • Metabolism booster • can replace monotonous cardio routines. 	<p>5 weeks - Design your own fitness program as part of your overall goal/s? Choices include:</p> <ul style="list-style-type: none"> • Strength building • body toning/calorie burning • Focus on improved athleticism (attention to plyometric/speed/muscle building) • Low Impact/body weight exercises • Improved cardiovascular endurance <p>5 Weeks of Muscle building program in order to build up towards post test</p> <p>Post test</p> <p>-Fitness Test</p> <p>-Core Lift Post Test</p>