**NUTRITION & FITNESS 2022 March 28, 2022**

**Today’s Agenda (Day 131)**

1. HOUSEKEEPING

🡪 Friday: Bring items for “Breakfast Ideas”

1. HOMEWORK CHECK

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1. CLASS ACTIVITY

🡪FITNESS DAY – Circuit training Day 1 – See List of Activities on p. 2

 \*Complete each of the exercises listed in Circuits A, B, and C.

 \*Complete 3 Rounds of each Circuit

🡪WEDNESDAY: Fitness – Unit 3 – The Science of Exercise

 \*Lesson 1 – How well do you know your muscles?

 \*Lesson 2 – What do your glands do for you?

 \*Lesson 3 – Energy and the Body

 \*Lesson 4 – Exercising the Right Way

HOMEWORK:

* COMPLETE:

REMINDERS:

**NUTRITION & FITNESS 2022 Activity**

**Circuit Training #1**

DIRECTIONS: Within your group of cohorts, complete each of the activities listed for Circuits A, B, and C. You must complete 3 rounds of each circuit. Try to strive for a 15 – 45 second rest period between each activity. Be mindful of your positioning, breathing and tolerance. STAY HYDRATED!!

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| --- | --- | --- | --- |
| **ACTIVITY** | **BEGINNER** | **INTERMEDIATE** | **ADVANCED** |
| **CIRCUIT A** |  |  |  |
| Stairs (Up and Down) | 5x | 8x | 10x |
| Push Ups | 5 - 10 | 10 - 15 | 15 - 20 |
| Jump Rope | 50 | 100 | 150 |
| Stair Step Toe Taps (speed) | 25 | 50 | 75 |
| Stair Step Alternating High Knees | 10 | 15 | 20 |
| Alternating Single Leg Lateral Jump (speed) | 10 | 15 | 20 |
| Opposite Alternating Single Leg Toe Touch (balance) | 10 | 15 | 20 |
| Single Leg Squat (Pistol Squat) - each leg | 5 | 10 | 15 |
| Single Leg Deadlift | 5 | 10 | 15 |
| Backward Lunge w/ Knee Up - each leg | 5 | 10 | 15 |
| Calf-raised Squats (3 second count each stage) | 8 | 12 | 15 |
| Upright Alternating Straight Leg Raised Toe Touch (each leg) | 10 | 15 | 20 |
|  |  |  |  |
| **ACTIVITY** | **BEGINNER** | **INTERMEDIATE** | **ADVANCED** |
| **CIRCUIT B** |  |  |  |
| Backward Incline Walk (Up and Down) | 5x | 8x | 10x |
| Farmer Walk (weighted) | 2x (low weight) | 2x (med weight) | 2x (high weight) |
| Standing Weighted Oblique Crunch (each side) | 10x | 15x | 25x |
| Bent Over Rows | 5 - 8 | 10 - 12 | 12 - 15 |
| Bent Over Flies | 5 - 8 | 10 - 12 | 12 - 15 |
| Bicep Curls | 5 - 8 | 10 - 12 | 12 - 15 |
| Tricep Kickback | 5 - 8 | 10 - 12 | 12 - 15 |
| Hammer Curl | 5 - 8 | 10 - 12 | 12 - 15 |
| Tricep Extension | 5 - 8 | 10 - 12 | 12 - 15 |
| Front DB Raises | 5 - 8 | 10 - 12 | 12 - 15 |
| Lateral DB Raises | 5 - 8 | 10 - 12 | 12 - 15 |
| Shoulder Press | 5 - 8 | 10 - 12 | 12 - 15 |
|  |  |  |  |
| **ACTIVITY** | **BEGINNER** | **INTERMEDIATE** | **ADVANCED** |
| **CIRCUIT C** |  |  |  |
| Chin Up/Pull Up | 1 - 3 | 3 - 5 | 5 -10 |
| Hanging Leg Raises | 5 - 8 | 8 - 12 | 12 - 15 |
| Hanging Seated Obliques (each side) | 5 - 8 | 8 - 12 | 12 - 15 |
| Air Squats with 5 second isometric hold | 8 | 12 | 15 |
| Bird Dogs (controlled - each side) | 8 | 12 | 15 |
| Frogger Squat | 8 | 12 | 15 |
| 180-degree Squat Jump Turn | 8 | 12 | 15 |
| Drop Squat | 10 | 15 | 20 |
| Prisoner Squat to Kneel | 5 - 8 | 10 - 12 | 12 - 15 |
| Slider Plank to Pike Position | 5 - 8 | 10 - 12 | 12 - 15 |
| Weighted Sit Up | 10 | 15 | 20 |
| Weighted Russian Twist | 10 | 15 | 20 |
| Dead Bug | 10 | 15 | 20 |