

Warm-up

1-minute arm circles forwards
1-minute arm circles backwards
1-minute standing toe taps

2 rounds of:

10 plank shoulder taps
5 assisted squats with a pause at the bottom
10 jumping jacks

Workout of the day

Complete as many reps as possible in 12-minutes of:
3 water jug rows, each arm
6 couch push-ups
9 couch squats

Cool-down

1-minute reach over stretch, each side
1-minute couch stretch, each side

Lesson Plan **010101**

Coaches Notes

Today is a moderate duration circuit style workout with an ascending rep scheme from exercise to exercise. The reps are low enough that a constant pace should be maintainable for the whole duration of the workout with small breaks in the transitions.

Modifications

Upper body injury

-single-arm rows and/or single-arm floor/bench press is a good option. If no upper body can be performed, consider adding in a hold like a plank for 3-5 seconds each round or a short run or row (200-meters).

Lower body injury

-squats can be done with assistance or to higher target. If squatting can not be done at all switch this to a hold like a plank for 3-5 seconds

Athletes Notes (keep track of score, scales, modifications here)