

# NTI

Non-Traditional Instruction

# Weightlifting

Days 11-20

\*\*Work will be modified according to each student's IEP or 504 plan

i Learn Days  
Strength and Conditioning Class

Teacher: Larry French

Name \_\_\_\_\_

Date \_\_\_\_\_

i Learn Day # \_\_\_\_\_

3 sets of 5 reps

Leg Workouts – Mondays, Wednesdays, Fridays

Warmup Jump Rope - 1 min

3x5 Squat Jumps

3x5 Mountain Climbs

3x5 Lunge Jumps Alt. Legs

3x5 Single Leg Squats Alt. Legs

3 Walking Lunges with broom stick or bar

5 Wall Squats for 30 seconds

3x5 Dumb Bell Squat

10 Frog Jumps

Arm Workouts – Tuesday and Thursday

3x10 Pushups

3x10 Reverse Pushups

3x5 Single Arm Pushups Alt. Arms

10 Falling & Flying Superman Rebound

10 Flying Squirrels

10 Forearm to Tricep extension

10 Wall Pushups