

NTI

Non-Traditional Instruction

Weightlifting Days 1-10

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

MHS NTI Weightlifting Instruction Sheet

All weightlifting students, GRADES 9-12, will complete an NTI packet per NTI day.

Complete the workout attached

If the NTI day falls on Monday, Wednesday, or Friday, do the leg workout.

If the NT day falls on Tuesday or Thursday, do the arm workout.

BE SURE TO COMMUNICATE WITH YOUR TEACHER THROUGHOUT THE DAY VIA EMAIL
OR LMS

MHS 606.242.8820

Teacher Email

lewis.morris@mboro.kyschools.us

larry.french@mboro.kyschools.us

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