

PRESENTED BY



**A FITNESS FOCUSED
RESOURCE PACK
FOR BUSY P.E. TEACHERS**





ALEX RELPH

CO-FOUNDER | CHIEF MARKETING OFFICER

M.B.A | NASM-PES | TRS MOBILITY SPECIALIST

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A MESSAGE FROM OUR FOUNDER

Thank you for Downloading PLT4M's Fitness Resource Pack!

If you are unfamiliar with PLT4M, we are an online platform with a Fitness Focused Curriculum built exclusively for Secondary Physical Education.

We're proud to call more than 1,500 schools, across all 50 states, our partners in the pursuit of building a healthier, fitter, generation of kids.

What follows in this Resource Pack are excerpts from a few of our many programs:

While the PLT4M system allows for more than 25 programs to be delivered to students on anydevice, these lessons have been hand selected for their ability to be easily used on a TV or Projector in a "Follow Along" approach.

We hope you and your students will enjoy these lessons!

And if you are ever interested in learning how other schools are leveraging our Fitness Focused Curriculum and powerful online learning system, we'd love to talk!

SCHEDULE A DEMO

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INTRO TO FITNESS

LESSONS 1-3

An introduction to all things movement and fitness! The aim of this program is to provide every student a foundation upon which they can develop their personal fitness or performance training.

We seek to cement proper mechanics through all of the fundamental human movements, begin to develop relative strength & mobility, while also introducing the concept of capacity.



LESSON 1:

THE SQUAT, THE HINGE, & CORE WORK

REQUIRED EQUIPMENT

Room for running (loop or shuttles), or equipment for stationary cardio (bike/elliptical/etc)

GOALS

- 1). Introduce the Foundational “Squat” pattern through a bodyweight “Air Squat”
- 2). Introduce the Hip “Hinge” movement pattern through a bodyweight “Good Morning”
- 3). Introduce the concept of “Supersets”
- 4). Practice Movement Patterns & Develop Work Capacity

DAILY MOVEMENT PROGRESSION

- 1). **Spiderman & Reach** (1 Minute)
- 2). **Alt. Samson** (1 Minute)
- 3). **Introducing The Hinge & Isometric Plank Hold** (5 Minutes)
 - a). Good Mornings – 4 x 10 Reps
 - b). Elbow Plank – 4 x :20 seconds
- 4). **The Squat:** Demonstration & Movement Practice (6 Minutes)
 - a). Air Squats – 2 x 5 Rep
- 5). **The Finisher** (12 Minutes)

5 Rounds of:

 - 10 Perfect Air Squats
 - 2:00 Walk/Jog/Run



LESSON 2:

THE PUSH, THE PULL, & CORE WORK

REQUIRED EQUIPMENT

None, but if possible, some type of pulling option.

GOALS

- 1). Introduce the Foundational “Push” pattern through the traditional Push Up
- 2). *IF POSSIBLE*: Introduce the Foundational “Pull” pattern through an Inverted Row
- 3). Introduce the basic Sit Up
- 4). Introduce the concept of an “AMRAP”
- 5). Practice Movement Patterns & Develop Work Capacity

DAILY MOVEMENT PROGRESSION

- 1). **Group Dynamic Warm-Up** (5 Minute)
- 2). **Jumping Jacks** (1 Minute)
- 3). **The Push Up** (Demonstration and Movement Practice (6 Minutes)
 - a). Scaling the Push Up - 4 x 5 Reps
- 4). **The Pull: Inverted Row:** Demonstration & Movement Practice (6 Minutes)
- 5). **The Sit Up** (8 Minutes)
- 6). **The Finisher** (10 Minutes)

AMRAP 8:

- 60 Jumping Jacks
- 10 Perfect Push Ups
- 10 Butterfly Sit Ups



LESSON 3:

THE LUNGE & THE BURPEE

REQUIRED EQUIPMENT

None.

GOALS

- 1). Introduce the Foundational “Lunge” pattern through the alternating stationary forward lunge
- 2). Introduce the Burpee & Scaling Options
- 3). Practice Movement Patterns & Develop Work Capacity

DAILY MOVEMENT PROGRESSION

- 1). **Group Dynamic Warm-Up** (6 Minutes)
- 2). **Intro to the Lunge** (6 Minutes)
 - a). 3 x 6 reps (3 each leg, alternating)
- 3). **Intro to the Burpee** (6 Minutes)
 - a). Scaling the Burpee: 2 reps of each variation
- 4). **The Finisher** (6-10 Minutes)

AMRAP 8:

 - 30 Alternating Lunges
 - 2:00 Burpees
 - 20 Alternating Lunges
 - 1:00 Burpees
 - 10 Alternating Lunges
 - :30 Jumping Jacks



BUILT FOR GETTING BETTER EVERY DAY

Our customizable, research-based fitness and performance programs help you prepare your students to move confidently and competently throughout their lives.

DEVELOPED FOR SCHOOLS

Our workouts and programs are designed to **capture attention of students** so they can gain something out of every workout.

BETTER BASICS

Skills are built on strong foundations, so our programs start with the basics to **develop proper mechanics** and body awareness.

LEVELING UP

Techniques and effort build as the program progresses, **introducing new challenges and skills** to master as they go.

ADAPTABLE & ADJUSTABLE

Kids set the tone for their own training by creating goals, tweaking reps, and **going at their own pace**, with the training plan adapting to their choices.

PLT4M CONSISTS OF MORE THAN 100 HOURS OF CONTENT FOR STRESS FREE PE



FITNESS



WEIGHTLIFTING



YOGA



NUTRITION



DANCE FITNESS



MOBILITY



MINDFULNESS

[SCHEDULE A DEMO](#)

INTRO TO YOGA

LESSONS 1-3

An introduction to the basics of yoga! We seek to develop a strong foundation in the basic areas of yoga that include standing, twisting, balancing, hips, spine, and core poses. This program seeks to onboard students of all backgrounds to yoga for the first time with in-depth movement introductions and practice. The big focus of our yoga program is education without the intimidation that yoga can sometimes bring! The program culminates in student's first experiences with long-form standard yoga flows and routines.



LESSON 1:

SUN A PRACTICE

Whether you have given versions of yoga a try or have never done it before, these upcoming lessons will help you build the basic foundational principles of yoga. Throughout this full program, we will introduce a variety of standing, twisting, balancing, core, hip, and spine positions that are widely considered to be the essentials of yoga.

Within the program, you can follow along with the videos as Lulu breaks down the movements in detail, guides through different progressions, and provides various scaling modifications for those who need them. The goal is to get comfortable with these poses in our bodies and start to move mindfully from one pose to another.

What is in store for our first lesson? Today we will break down in detail the Sun A warm up. This will be our standard warm up in all of our lessons moving forward.

Because it will be a staple of our yoga journey, we want to dedicate time to the main movements and parts that make up the Sun A warm up flow. We will break down the child's pose, Down Dog, Mountain Pose, and the Chaturanga. After breaking down the parts, we will go through a full Sun A warm up flow twice to wrap up the lesson. Let's begin!



LESSON 2:

STANDING

Welcome back to your second session of PLT4M yoga. In our first session, we spent the entire lesson focusing on the Sun A warm up. We practiced it a few times last session, and now today, we will kick things off with that full flow!

From there, we are going to be introducing FOUR new standing poses: Chair, Warrior 2, Extended Side Angle, and Reverse Warrior. You will notice that three of these poses (Warrior 2, Extended Side Angle, and Reverse Warrior) all have the same stance! We have deliberately programmed these poses together so you can get comfortable and familiar with this stance throughout today's lesson.

After we introduce the movements, we will go through an awesome flow that combines our new movements and some of the things we learned from lesson one. Pay close attention to the modifications Lulu suggests throughout the lesson because the flow will be challenging! We encourage you to modify and start small. As you get more comfortable with your yoga journey, you can always push yourself to make things a bit more challenging as we progress.



**TRANSITIONING TO A FITNESS
FOCUSED CURRICLUM IS HARD.**

We're here to help!

[SCHEDULE A CALL](#)

LESSON 3:

TWISTING

Welcome back to your third lesson of yoga! Our focus today is on twisting! You might not realize it, but we do a lot of twisting in our everyday lives.

After our Sun A warm up, we will break down and introduce three new twisting movements: Crescent Lunge, Revolved Crescent Lunge, and Prayer Twist.

Throughout this lesson, we will give a few different variations to these twisting movements and want you to pay close attention to what feels best in your body. Our goal is not to be super shaky and wobbly. Instead, find the right variation that allows you to feel strong and stable and know that you can start to build in future lessons. Our main goal is to continue to build a strong foundation!

After our three new movements, we will work on a transition we snuck into last week's flow. The "Down Dog to Low Lunge" transition is a very popular movement in yoga, and we will practice it a few times before including it in our final flow of the day. We can't wait to see you on your mats!



1,500 SCHOOLS

Across the country use PLT4M.

[LEARN MORE](#)

INTRO TO MINDFULNESS

LESSONS 1-3

Mindfulness is paying attention to what's happening on purpose with kindness, curiosity, without judgment. This program will address the key components and standards of social emotional learning including self-awareness, self-management, responsible decision making, relationship skills, and social awareness.

Throughout this program, students will be introduced to key concepts around mindfulness and practice



LESSON 1:

INTRODUCTION TO MINDFULNESS

Mindfulness is paying attention to what's happening on purpose with kindness, curiosity, without judgment.

Has anyone ever asked you to pay attention? More importantly, has anyone ever taught you how to pay attention? Our attention can be trained. It is okay if you have never been taught to pay attention, but mindfulness can be a helpful tool in this technique of paying attention.

John Kabat-Zinn, PhD was the pioneer behind mindfulness research and training.

Now that research has continued, mindfulness is being brought into schools, hospitals, prisons, companies, and corporations. Even Google has a program called "Search Inside Yourself" where they teach people about mindfulness and give them tools to be happier and healthier.

So why is it becoming so popular?

Benefits: Scientists have done extensive research on the neuroscience (brain science) on individuals who practice mindfulness to understand the benefits.

Studies have shown that mindfulness:

- 1). Improves focus & attention
- 2). Improves sleep
- 3). Helps with emotional regulation
- 4). Builds compassion for others and ourselves

We can be mindful of so many different things. We can be aware of our breath, feelings and body sensations, sounds, tastes, and really anything happening in the present moment. When we pay attention to anything in the present moment, we experience mindfulness.



LESSON 2:

NEUROSCIENCE OF MINDFULNESS

To understand the benefits of mindfulness, we also need to know the basic components of our brain. If you remember from our first lesson, we talked about the research done in the last 30-40 years around mindfulness and our brain. So how does it all connect?

Pre-Frontal Cortex (PFC): The pre-frontal cortex (PFC) is located at the front of our brain near our forehead. This region of the brain supports many of our 'higher functioning skills.' The PFC is involved when we do things like planning, paying attention, or trying to focus.

Scientists have found that our PFC is strengthened every time we practice mindfulness, even if just for a few minutes.

Limbic System: The limbic system is located at the back of our brain. This area of the brain is responsible for many of our emotional responses to situations. Think about the old 'fight or flight' principle. For example, when you see a bear and think about what to do next, your limbic system is kicking into gear.

Inside the limbic system, the amygdala is responsible for sending hormones to our bodies. Sticking with the bear example, the limbic system would trigger the adrenaline to run.

But nowadays, we don't run into bears as much. Instead, we might have a test, big game, or other things that trigger this stress response.

Practicing mindfulness can help to regulate and control our responses and reactions to different types of situations.

The Fist Example - Dr. Dan Siegel: Dr. Dan Siegel helps to paint a picture of the connection our different parts of the brain can make through a simple illustration with our hand.

If you can imagine, your hand is your brain. When we roll our four fingers over our folded thumb, we are creating our different parts of the brain.

By doing so, our PFC and limbic system are connected, and our thumb is the amygdala, covered up. When our hand is a fist, our different parts of the brain work together to regulate emotions and be on our A game.

When a stressor comes along, we might 'flip our lid', opening up our fingers, and now our PFC and limbic system are not 'connected'. Through mindfulness, we can work to reintegrate our brain and get the PFC and limbic system to work together. It can help us to be more calm, focused, and alert. But this takes practice!

Breathing: Our breath is connected to our different emotional responses.

Inhaling often gets us ready for the fight or flight. Inhaling is connected to what we call our sympathetic nervous system. Think about a time you took a big gulp of air when you were feeling stress.

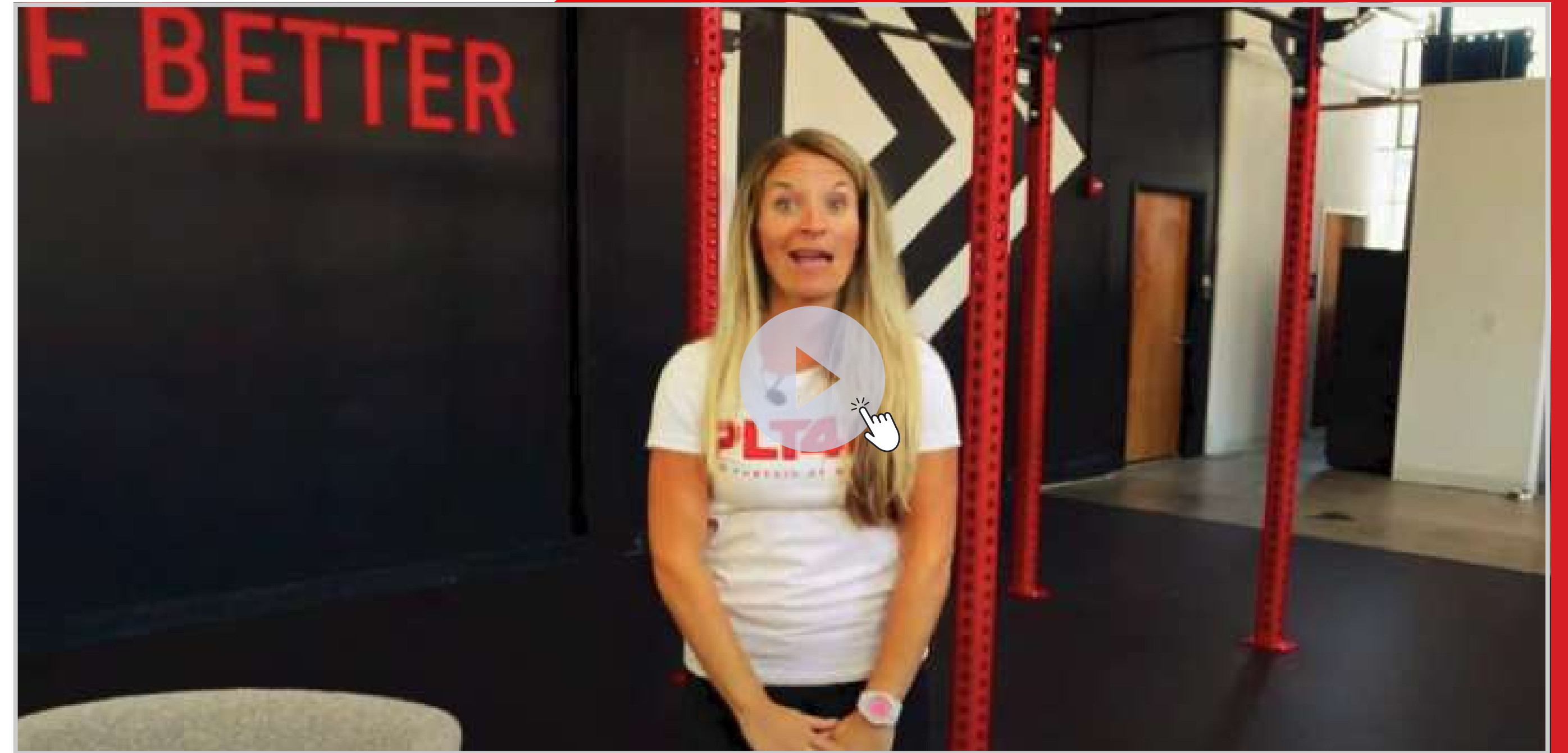
Exhaling often allows us to relax, regulate, and calm ourselves down. Exhaling is connected to what we call our parasympathetic nervous system. Think about that soothing, long exhale you take when you might be trying to calm yourself down.

Practicing Mindful Breathing

By training our body and mind through practice, we can take our mindful breathing and exhaling and apply it into our lives during moments of stress or anxiety.

This skill is a powerful one as it allows us to help regulate our emotions and become connected to that deep breath. Think responding instead of reacting! attention to anything in the present moment, we experience mindfulness.

SEE DEMONSTRATION VIDEO ON NEXT PAGE >



LESSON 3:

EMOTIONS

Today we focus on 'letting be' and mindfulness of emotions. Emotions can be described as energy in motion.

There are so many different ways to feel an emotion. There are so many ways to describe an emotion. We can feel so many kinds of emotions all in one single day. Happiness, stress, boredom, nervousness, stress, love, silliness, the list goes on.

When we can open up and allow whatever feeling it is, we can allow that energy or emotion to take its natural course. In this letting be, emotions will arise, and we can recognize them and allow them to be, rather than resisting them.

For so many of us, we don't want to feel certain things. But in that resistance, we end up creating more of what we don't want. What we resist, persists.

With mindfulness, we can open up to our experiences and notice how we feel. Remember, mindfulness is paying attention in the present moment on purpose with kindness and curiosity. Emotions are happening in the present moment. So we can be with those moments with kindness and curiosity, but it takes practice.

Labeling Emotions: How do you feel when you see or hear different emotions listed. Try it out here. Notice how you feel the different emotions in your body:

- | | | | |
|---------------|-------------|----------|---------------------------|
| 1). HAPPINESS | 2). SADNESS | 3). FEAR | 4).GRATEFUL/THANKSFULNESS |
| 5). PEACE | 6). BOREDOM | 7). LOVE | 8).SURPRISE |
| 9). JEALOUSY | 10). JOY | | |

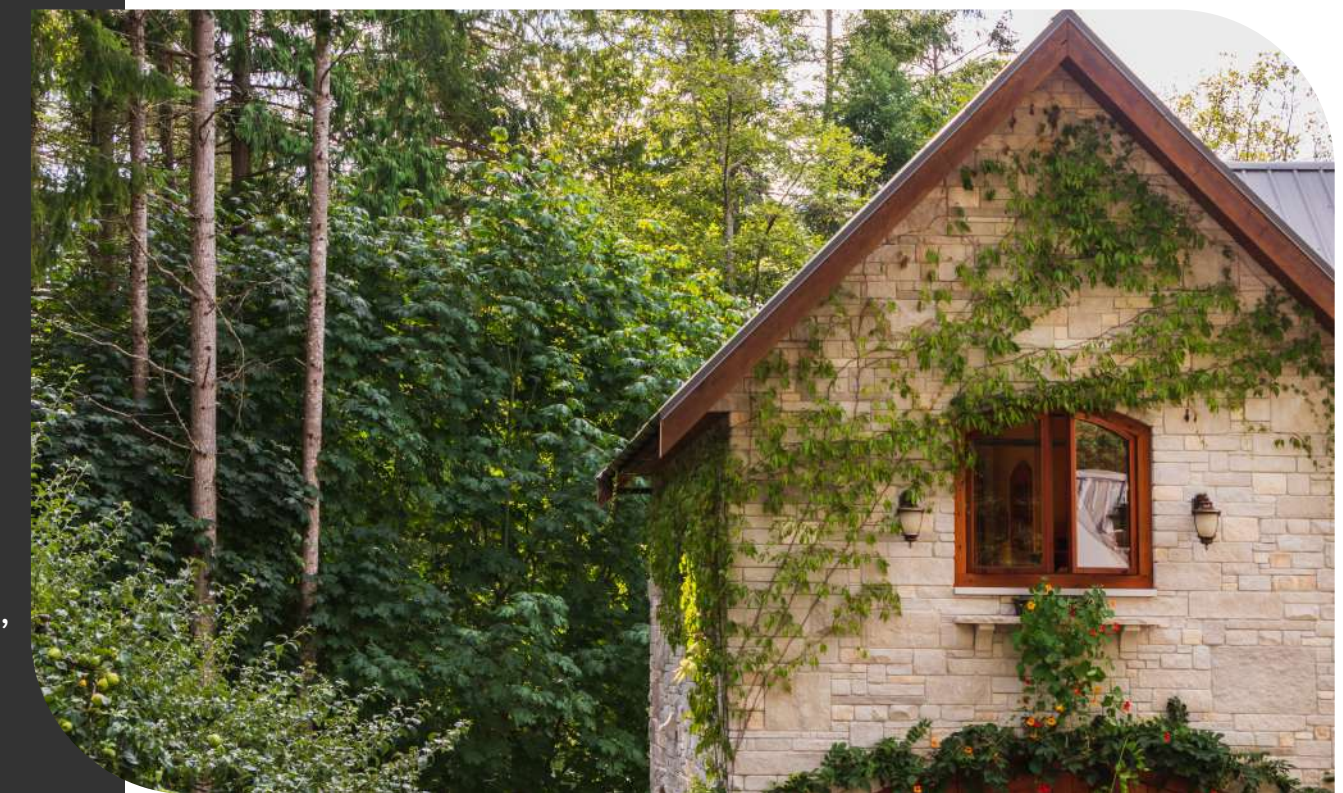
You may have noticed that you feel these different emotions in different parts of your body or mind. For example, with gratefulness or thankfulness, you might feel it in your heart. Where with sadness, you might feel a drop in your belly.

With mindfulness, we can notice these emotions, and it can be helpful to pause and recognize what it is. You can even label it. Rather than pushing it away, you can let it be and welcome whatever is here.

Let's take a look at this poem together and talk briefly about its relation to the mindfulness of emotions.

THE GUEST HOUSE – RUMI

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.



SEE DEMONSRTATION VIDEO ON NEXT PAGE >



DANCE FITNESS

LESSONS 1-3

Let's turn up the music and have some fun! This program aims to provide every student an engaging and welcoming introduction to the basics of dance fitness. We seek to introduce this form of cardio and dance fitness through a fully-developed lesson plan that allows students to learn new dance moves while getting their heart rates up and smiling!



LESSON 1:

DANCE IT OUT!

Room for running (loop or shuttles), or equipment for stationary Dance Fitness is for everyone! Dance is an excellent type of exercise for any student, regardless of dance experience or fitness level. Whether you feel like you have two left feet or want to take your talents to Broadway, you will enjoy these upbeat training sessions. If you feel a little silly dancing, no worries, just move and groove!

In each lesson, you can expect some of the same consistent things. In each workout, we will warm up for roughly 5 minutes of dynamic movements! After that, we will learn our moves in sequential order, building one new move on top of the other until we have learned all eight moves. Following a short break, we will dive into the total cardio effort to groove through all eight moves in order. Lastly, we will cool down through more static stretching that will allow us to bring our heart rate down and get ready to move on with our day.

OUR 8 MOVES ARE:

Move 1: Heel Taps

Move 2: Slams

Move 3: Grapevine

Move 4: Step Touch

Move 5: March & Jack

Move 6: 3 Step Turn

Move 7: Shake It Out

Move 8: T Hops



LESSON 2:

SMILE & MOVE

Welcome back to PLT4M dance fitness. We said it in our first lesson, but we are going to say it again: Dance Fitness is for everyone!

As you start to give Dance Fitness a try, play around with how big or small you are moving. At first, you might keep it simple and straightforward, but feel free to add in your extra flare as you get more comfortable! Smile! For the next 30 minutes, you get to bounce around with Coach Alexa and Hunter.

Whether you are dancing on your own or in class, let the music and moves make you smile! Part of the joys of dance is the rush you get as the music builds and you start to put the pieces of your dance together.

OUR 8 MOVES ARE:

Move 1: Heel Taps

Move 2: Knee Punch & Butt Kicks

Move 3: Grapevine

Move 4: Hop & Hands

Move 5: Step Touch

Move 6: Side Lunge Jumps

Move 7: Shimmy Hops

Move 8: Shake it Out



HEY! LETS START WITH THE BASICS

Skills are built on strong foundations, so our programs start with the basics to develop proper mechanics and body awareness.

[SCHEDULE A DEMO](#)

LESSON 3:

FEEL THE BEAT

Today, we thought we would briefly describe how these dance moves fit into the more extensive dance and music world. You might have noticed that Coach Alexa counts from time to time to let us know where we are in our dance. Often this count is either to 4 or 8. A lot of popular music, including the music we choose, has 4 beats per measure. In a lot of dance, we take two measures (or 8 total beats) and form a 'dance sentence.'

Give it a try today, with our dance lesson or try it with one of your favorite songs. See if you can find how they break the song up into 'sentences' of either 4 or 8 beats. Once you can start to hear that and connect it to the songs we dance to, it becomes a lot easier to move and groove.

OUR 8 MOVES ARE:

Move 1: Heel Taps

Move 2: Slams

Move 3: Grapevine

Move 4: Step Touch

Move 5: March & Jack

Move 6: Step Turn

Move 7: Shake it Out

Move 8: T Hops



PILATES

LESSONS 1-3

Pilates is a low-impact form of exercise that is a great full-body workout! Pilates focuses on control while enhancing balance, flexibility, and the mind-body connection. These lessons provide an excellent challenge to all major muscles groups with a special emphasis on the core!



LESSON 1:

CONTROL

Welcome to your first PLT4M pilates lesson. Pilates is a low-impact form of exercise that focuses on control while enhancing balance, and flexibility. It provides an excellent challenge to all major muscles groups with a special emphasis on our core!

The core is the powerhouse of our body and you will hear Britney talk about using your powerhouse throughout today's class. We focus on the core because it helps improve all other movements and exercises.

The focus of today's class is control. We want to be sure we are controlling our body as we move through space and are being deliberate with our movement.

IN TODAY'S CLASS, THE PILATES EXERCISES INCLUDE:

- 1). Hundreds
- 2). Roll Backs
- 3). Single Leg Circles
- 4). Rolling Like a Ball
- 5). Single Leg Pulls
- 6). Star Stretch
- 7). Forward Fold
- 8). Seal

PILATES TIP #1

CLEAR OUT ALL DISTRACTIONS!



LESSON 2:

CENTERING

Welcome back to another pilates workout! Today our focus is on centering.

In order to focus on centering, we need to learn about our pilates box. Imagine a line from shoulder to shoulder, hip bone to hip bone, and then two lines up the side of your body. That is your pilates box!

The goal of class today is to keep your pilates box as centered as possible! Let's go ahead and get started.

IN TODAY'S CLASS, THE PILATES EXERCISES INCLUDE:

- | | |
|------------------------|-------------------------|
| 1). Hundreds | 5). Star Pose |
| 2). Roll-Ups | 6). Side Lying Exercise |
| 3). Single Leg Circles | 7). Seal |
| 4). Single Leg Stretch | 8). Push-Ups |
| 9). Rotate & Twists | |

PILATES TIP #2

HAVE PATIENCE & THINK POSITIVE



LESSON 3:

MIND BODY CONNECTION

Welcome back to another pilates lesson! Today our focus is on the mind/body connection and breath. With movement and exercise, we can connect the mental and physical components of our workout. Breath is one of the best ways to make this connection.

Our first few lessons have been a little shorter, but now that you have built up some understanding and stamina around pilates, we are going to tackle a full-30 minute workout! Keep up the awesome work you have been doing and continue to grow in your practice today.

Let's get started.

IN TODAY'S CLASS, THE PIALTES EXERCISES INCLDUE:

- 1). Roll Backs
- 2). Hundreds
- 3). Roll-Ups
- 4). Single Leg Lifts
- 5). Single Leg Curls
- 6). Curl Series
- 7). Single Leg Pulls
- 8). Shoulder Bridge (Variations)
- 9). Saw
- 10). Seal/Roll Like a Ball
- 11). Side Lying Exercises
- 12). Seated Figure 4
- 13). Pilates Push-Ups

PILATES TIP #3

DON'T PUSH YOUR BODY TOO HARD!



BOOTCAMP LESSONS

LESSONS 1-3

Join Coach Mike and Coach Dani as they take you through a Fitness Bootcamp! This fun, challenging fitness bootcamp doesn't require any equipment, so find a space in the gym and follow along!

As we work through each movement, we will show movement adaptations for beginners and more advanced students - find the option that works for you!



LESSON 1:

BOOTCAMP 01

WARM UP (2 ROUNDS - 20 SECONDS EACH):

- Inch Worm Cobra
- Reverse Lunge T Spine
- Jumping Jacks
- Mountain Climbers
- Hip Opener Squat
- Shoulder Taps

CIRCUIT #1 (10 8 6 4 2 REPS):

- Jumping Jacks
- Push-Ups

CIRCUIT 2 (2 ROUNDS - 30 SECONDS EACH):

- Alternating Lunge Jumps (or alt. Rev Lunge)
- 3 Mountain Climbers + 3 Push-Ups
- Bear Hold

CIRCUIT 3 (2 ROUNDS - 45 SECONDS EACH):

- Squat + Squat Jumps
- Single Leg Deadlift + Lateral Lunge
- Straight Arm Push Ups

CIRCUIT 4 (2 ROUNDS OF):

- 10 Tap Squats
- Single Leg Deadlift + Lateral Lunge
- 5 Inch Worms + Push-Ups
- 20 Lunge Hold
- Seconds of Foot Fires

*

** COOL DOWN **



LESSON 1:

BOOTCAMP 02

WARM UP (2 ROUNDS - 20 SECONDS EACH):

- Inch Worm Cobra
- Cross Body Mountain Climbers
- Alt. Spiderman Stretch
- Lateral Lunge + Hop

CIRCUIT #1 (3 ROUNDS OF):

- 10 Squats
- 5 Push-Ups

CIRCUIT 2 (2 ROUNDS - 45 SECONDS EACH):

- Sprinter Lunge
- Shoulder Taps
- Sprinter Crunch

CIRCUIT 3 (2 ROUNDS OF):

- 30 Mountain Climbers
- 30 Jumping Jacks
- 10 Skater Hops

CIRCUIT 4 (ROUND 1 - 30 SECONDS EACH, ROUND 2 - 15 SECONDS EACH)

2x 30 Secs then 15 Secs

- Bicycle Kicks
- Straight Arm Sit Ups
- Elbow Plank

*** COOL DOWN ***



LESSON 1:

BOOTCAMP 03

WARM UP (2 ROUNDS - 30 SECONDS EACH):

- Knee Hugs
- World's Greatest Stretch
- Quick High Knees
- Squat to Press

CIRCUIT #1 (2 ROUNDS - 30 SECONDS EACH):

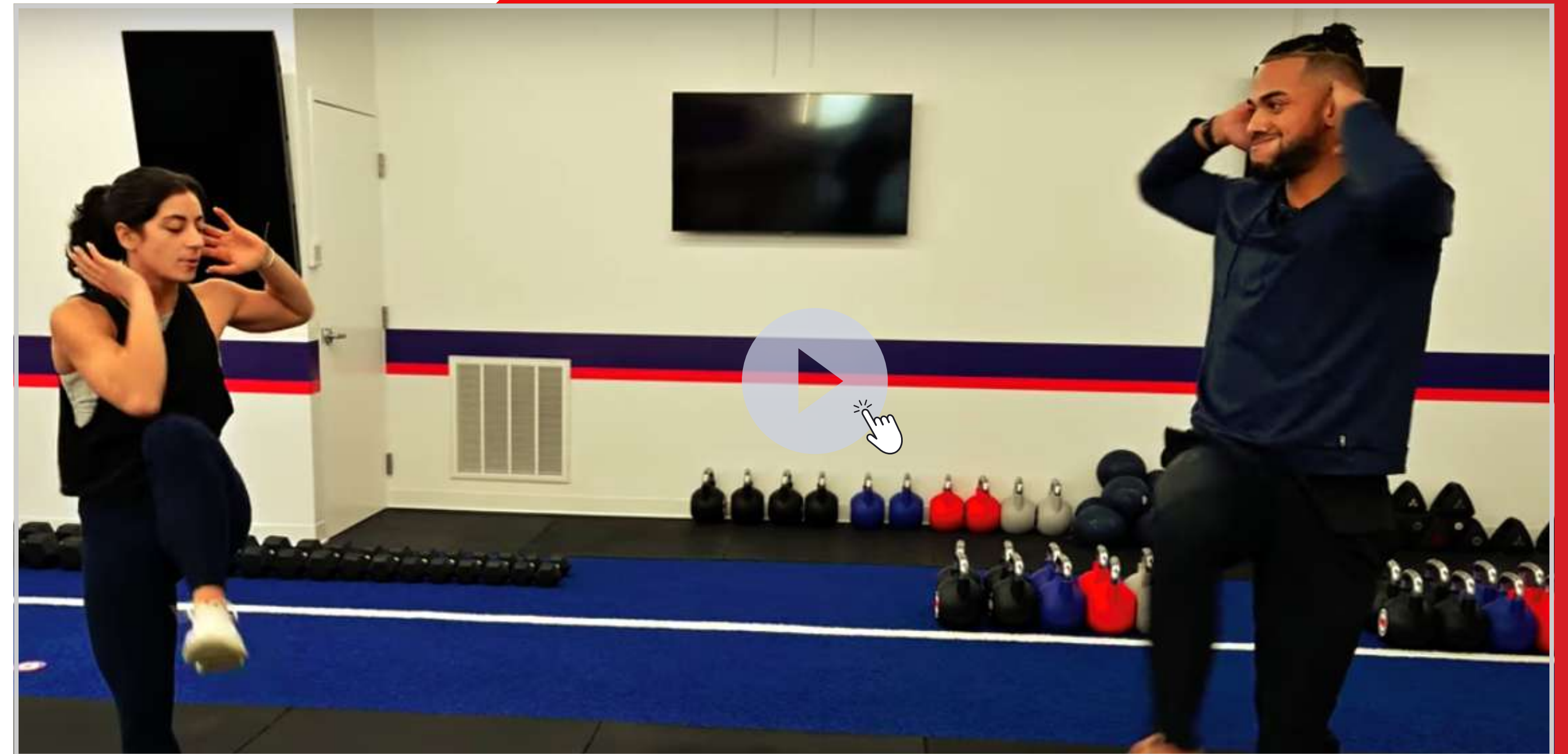
- Reverse Lunge + Straight Leg Kicks
- Single Leg Deadlift + High Knees
- Squat w. Oblique Twist

CIRCUIT 2 (2 ROUNDS - 30 SECONDS EACH):

- Side Elbow Plank
- Inch Worms + 3 Push Ups
- Plank Up Downs

CIRCUIT 3 (2 ROUNDS OF):

- Foot Fires
- Push-Ups + T Spine Rotation
- Plank



*** COOL DOWN ***

INTRO TO BOXING

LESSONS 1-3

Welcome to Intro To Boxing! In these lessons, you will get an introduction to the basics of boxing and get a great workout in the process. Consider it a perfect 1-2 punch!

Each workout will follow the same format as a typical boxing match. That means we will have 8 rounds that consist of 3 minutes of work. You will have a minute of rest between each round to shake it out, grab some water, and get ready for the next round.



LESSON 1:

FOOTWORK

In our first three lessons, we will cover all of the basics of footwork, offense, and defense. Today's focus is footwork. The movements we will cover throughout the lessons are:

- 1). Fight Stance
- 2). Pendulum
- 3). The Step - Forward/Back/Lateral
- 4). Push Step - Forward/Back/Lateral
- 5). Trot
- 6). Crosswalk
- 7). Lateral Movement

BOXING TIP #1

**TURN LEAD SHOULDER
TOWARDS TARGET**



LESSON 2:

OFFENSE

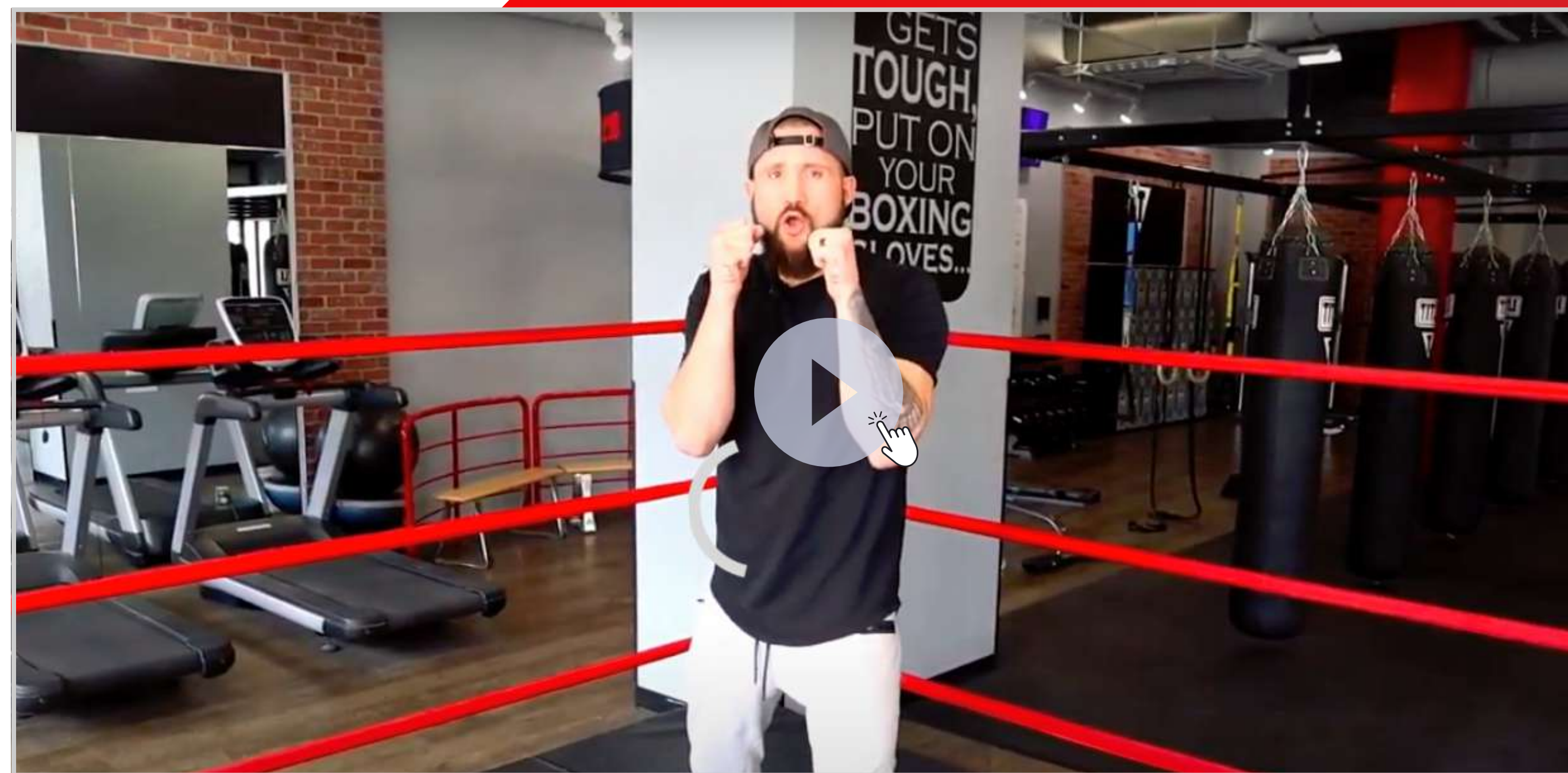
Welcome back to lesson 2 of Intro To Boxing! In our first workout, we covered the basics of footwork. Today, we will continue to grow our skills and learn about boxing offense. The movements we will cover are:

- 1). Jab
- 2). Cross
- 3). Lead Hook
- 4). Rear Hook
- 5). Lead Uppercut
- 6). Rear Uppercut

As we go through today's workout, be aware of your body and positioning. While we are doing all of these movements without equipment and it can be easy to get sloppy, hammer home your technique so if you ever do go to use equipment like a bag you are ready to go!

Like the last lesson, our workout will consist of 8 rounds of 3 minutes of work and 1-minute rest.

A friendly reminder: When Sean moves, you move! Mirror his moves as he takes you through this full workout. Sometimes, during the circuit work, he will stop and coach you, but keep moving as he encourages you through the workout!



LESSON 3:

DEFENSE

Welcome back to lesson 3 of Intro To Boxing. We have covered footwork and offense so far. Next, we will go over the foundational defensive movements of boxing. The movements we will cover are:

- 1). Parry
- 2). Check
- 3). Duck
- 4). Roll
- 5). Slip

As we wrap up the first three lessons intended to cover all of the basics, continue to focus on great form and technique! These lessons are setting the foundation for future workouts where we will start to put more and more of these moves into full-blown workouts.

A friendly reminder: When Sean moves, you move! Mirror his moves as he takes you through this full workout. Sometimes, during the circuit work, he will stop and coach you, but keep moving as he encourages you through the workout!



BOXING TIP #2

ELBOWS DOWN, HANDS UP.

READYFIT

LESSONS 1–3

A collection of 30 easy-to-follow workouts requiring minimal equipment—this program is suited for a wide audience of fitness seekers.

WORKOUT FORMAT:

- Intro: Coach Max explains the workout.
- Movement Prep: Jackie demonstrates proper form and technique for all movements found in the workout, as well as movement modifications.
- Warm Up: Follow along with our guided warm-up, tailored specifically to the workout. We promise you won't start this workout cold!
- Workout Strategy: We offer coaching tips and pointers for getting the best workout!



LESSON 1:

CHESS TEAM

This workout can be done without any equipment!

For the "cardio" portion, you can use any cardio machine, or:

- Running (in place or around gym/track)
- Jump rope or Jumping jacks
- High Knees
- Machines, if available

Basically, anything that is going to get your heart rate up!

WORKOUT BRIEF:

OTM (On The Minute) x 21

- Minute 1 | :45 secs of Cardio
- Minute 2 | :45 secs of a Plank
- Minute 3 | :45 secs of a Wall Sit

WORKOUT GUIDE:

Teacher will set a repeating 1 minute timer. Students will participate in a given exercise for 45 seconds, and then rest for the remaining 15 seconds, moving to the next station to be ready for the next minute.

Based on class size and set up, you can have this set up as stations that kids rotate through, or have everyone do the same thing and change movements together at the start of each minute.

In total, you will work for 21 minutes.



LESSON 2:

SCHOOL LUNCH

For this workout, you will need Jump Ropes. If jump ropes aren't available, do line hops (jumping over a line is "one rep").

AMRAP (AS MANY REPS AS POSSIBLE) 20 MINS:

- 100 Single Unders
- 21 Burpees
- 75 Single Unders
- 15 Burpees
- 50 Single Unders
- 9 Burpees

Teacher will set a countdown timer for 20 minutes. Students will work through 20 reps of each exercise, stopping after a minute. They will then rest one minute and resume where they left off at the end the minute of rest. Rinse, wash, and repeat for all 20 minutes! Best score is the highest number of reps (ensuring form is never sacrificed for speed).

Scoring guide: One round equals 80 reps. So if a student made it through one and a half times, their score would be 120.



LESSON 3:

HALF DAY

For this workout, you will need a Kettlebell or Dumbbell. You can also use any loaded object like a Medball if those are too heavy or unavailable.

AMRAP (AS MANY REPS AS POSSIBLE) 20 MINS:

- 1 min On
- 1 min Off
- 20 Kettle Bell Swings
- 20 Push-ups
- 20 Kettle Bell Lunges
- 20 Sit-ups

Teacher will set a countdown timer for 20 minutes. Students will work through 20 reps of each exercise, stopping after a minute. They will then rest one minute and resume where they left off at the end the minute of rest. Rinse, wash, and repeat for all 20 minutes! Best score is the highest number of reps (ensuring form is never sacrificed for speed).

Scoring guide: One round equals 80 reps. So if a student made it through one and a half times, their score would be 120.

Warm Up


Part 1 - General

1:00 Pausing Good Mornings

1:00 Plank

1:00 Samson Reach and Twist

1:00 Slow Sit-ups



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THANK YOU

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