

**Strength & Conditioning Session  
SHAPE Montana Conference 2017**

**Warm Ups**

Ankle rolls    Double Lunges    Heels    Toes    Yoga Stretch

Tipsy Doodles    High Knees    Kick-Your-Bum

**Line Series**    groups of 3

1. Scooter Digs    Seal Walks    Bull Dozers

2. Foam Ball:    Through Legs    Hop    Toss 360 catch

3. Foam Ball: Run down to the end and complete the following – then run back

2 Push-ups on the ball    2 Transfers    Behind-the-back & Catch

4. Animal Walks: Complete the walk down – then run back (pick 2)

Backwards Bear    Monkey    Crab    Gator

**Scooter Exercises** (complete each task for a set number of seconds)

\*\*See You Tube = Rex Peebles Scooter Exercises – 7 videos

1. Scooter Knee Tucks
2. Scooter crossing (w/noodle)
3. Scooter Push & Pull
4. Scooter Noodle Spin
5. Crab Tuck
6. Inch Worm →
7. Crab Leg Circles
8. Scooter Plank Exchange
9. Push Up & Tuck
10. Push Up & Around the Clock

\*Kayak Tag

**Tabata** 12 station – music from itunes

1. Lunges
2. Alternate Toe Touch
3. Burpees
4. Wall sit
5. Invisible Jump rope
6. Plank
7. Squat Jump
8. Yoga Sit
9. Cinderella Push-ups \*Carpet Square + rag
10. Russian Twist \*Foam Ball
11. Dips or Hot Footed Lizard
12. Transfers \*Foam Ball

**Assessment Strategies**

- Heart Rate Data – have students monitor heart rate during exercise portions. Feed back on what is desired range.
- After students have had the opportunity to practice, choose 1-2 exercises per set to assess for proper form.
- Movement Quiz: What muscle group(s) does \_\_\_ work?
- Group/Partner workout design: You may use these tools & must cover these components. Workout length = 2 X 5 minute intervals.