

Exercises for Coach Nash PE

Do 4 exercises in a row, 3 sets of 10 or more repetitions in these 2 groups:

Group 1:

1. Push ups 3 sets of 10+
2. Squats Body weight, 3 sets of 10 reps, increase weight
3. Abs 3 sets of 10+, sit ups, ab crunches, and flutter kicks
4. Walking lunges 3 sets of 10 reps, add weight as they get easy

Group 2:

1. Dips 3 sets of 10+
2. Step ups 3 sets of 10+, add weight as they get easy
3. Arm curls 3 sets of 10 reps, increase weight as they get easy
4. Calf raises 3 sets of 30 repetitions. Increase reps or add weight if you are 12 or older

Do 3 sets of each of these exercises in the groups shown above.

On the push ups, Abs, dips, and calf raises, increase the number of reps as it gets easy to complete 3 sets of 10. Some should start with 3 sets of 15 or 20. Work up to 3 sets of 50 of each.

On the squats, walking lunges, step ups, and arm curls, add weight as they become easy to finish. Hold dumbbells in your hands to add the weight.

See the next worksheet to print out a form to fill in each time you do the workout. Track this throughout the spring to document your PE and watch your strength grow!