

Weightlifting Jahn

Month of April

Weightlifting

Coach Jahn

Students in weightlifting need to complete an hour and a half of weight training per week. Below is a weightlifting fitness log that needs to be completed each week. Please do three 30-minute workouts per week and provide me with the workout details in the log below. If you have weights at home, you can utilize those and provide the workout completed in your log.

Here are some examples of workouts you can do at your home without weights:

Air Squats, Lunges, Push-Ups, Close grip Push-Ups, Sit-Ups, Calf Raises, Wall Sits, Jogging (or sprints), Planks, Jump Squats, Dips, Curls, etc.

Example of a completed fitness log entry:

Day 1: 3 sets of 10 Air Squats, 3 sets of 10 Lunges, 3 sets of 20 Calf Raises, 15 Minute Jog

Day 2: 3 sets of 10 Push-Ups, 3 sets of 10 Close Grip Push-Ups, 3 Sets of 10 Curls, 10 Twenty-yard sprints

Day 3: 4 sets of 15 Sit-Ups, 4 Sixty Second Planks, 4 Sixty second Wall Sits, 3 sets of 10 Jump Squats, 10 Minute Jog

March 30th-April 3rd:

Day1:

Day 2:

Day 3:

April 6th-April 10th

Day 1:

Day 2:

Day 3:

April 13th-April 17th

Day 1:

Day 2:

Day 3:

April 20th-April 24th

Day 1:

Day 2:

Day 3:

April 27th-May 1st

Day 1:

Day 2:

Day 3: