

Date: _____ Grade Level: _____ Teacher: _____

Fitness Term(s) of the Day

Review: Extension: Moving one part of the body away from the core. Usually a pushing move; sometimes called a “press”.

Periodization principle #1: **Consistency**

Intro: Successful Training Principle #2: **Intensity of Effort**- Increasing the demands or difficulty of training. Once consistency of training has been established, intensity can be increased on a planned basis.

Exercise(s) of the Day Emphasis of Training: Upper Body Extension

Review: Push-up and variations

New: Additional Push-up variations: close hand medicine ball, feet elevated (platform, stability ball); Bench (Box) Dips

Teaching Keys (Maintain Base Exercise Position throughout all exercises.)

Review Basic Push-up

1. Place hands on floor below and just outside of shoulders; extend arms.
2. Hold body in rigid “bar” position supported by arms and feet.
3. Emphasize a straight line from head to heels, keeping hips and low back tight.
4. Lower body using controlled movement (tempo) so chest touches floor. (No other portion of body should touch)
5. Push up, returning to start position.

RECOMMENDED SETS

2-3x amap*

Additional Push-up Variations

Follow technique above for push-up #1-5 adding implements to increase difficulty.

Close Hand on Medicine Ball:

1. Place both hands on a single medicine ball, supporting body weight with arms posted on ball. (Ball is positioned under chest, allowing for comfort.)
2. Lower chest to ball through full range. (Range will vary.)
3. Repeat push-up movement completing as many reps as desired.

Elevate Feet on stable platform:

1. Place toes on box (or any elevated surface); complete as many reps as desired. (Higher platforms increase difficulty)

Elevate Feet on unstable platform:

1. Place toes, feet or lower legs on stability ball; complete as many reps as desired. (Less contact with ball increases difficulty)

*As many as possible



View/Print Photo

Push-up Close Hand


 **MEDICINE BALL PUSH-UP CLOSE HAND**

 **PLAY VIDEO**



View/Print Photo

Push-up Feet Elevated

 **PUSH-UP FEET ELEVATED**

 **PLAY VIDEO**



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Push-up Feet Elevated

 **PUSH-UP FEET ELEV. STABILITY BALL**

 **PLAY VIDEO**

THIS LESSON CONTINUES ON NEXT PAGE