

John Adams Middle School Virtual Conditioning Plan

Parents:

It is important that athletes be physically prepared to participate in athletics after time off due to Covid-19 and the 'Stay at Home' order. To be physically ready for Phase 3 (Team Camps and Summer practice during the weeks of July 6, 13, and 20), athletes need to participate in strength training and conditioning prior to participation. On your registration, you will be asked to confirm that your child has completed some type of physical activity to prepare for Camps. Below is a sample program. The key is that your child be actively prepared for camp.

Examples of how to do each exercise safely can be found at:

<https://www.nerdfitness.com/blog/warm-up/>

Sample Weekly Workout Plan

Daily Dynamic Warmups: (20 seconds each)

'Jog'

'Arm Circles'

'Jumping Jacks'

'High Knees'

'Butt Kickers'

'Straight Leg March'

'Karaoke'

'Side Shuffle/Defensive Slides'

'Inch Worm'

DAY	Body Parts	Exercise (3 sets of 10 or 3 sets of 30 seconds each)
MONDAY	Upper Body	Push ups, Straight Arm Plank, Elbow Planks
TUESDAY	Lower Body	Squats, Front Lunges, Lateral Lunges (No weights)
WEDNESDAY	Upper Body	Push ups, Straight Arm Plank, Elbow Planks
THURSDAY	Lower Body	Squats, Front Lunges, Lateral Lunges (No weights)
FRIDAY	Condition	1 mile walk/run or 5-20 yard sprints

Finish Monday - Thursday alternating either 1 mile walk/run or 5-20 yard sprints

My child has completed a conditioning program to prepare for JAMS Summer Camps.

