

# Agility

MARCH 2020.

## 1) SUMMARY

Today's program will focus on working our speed, agility and quickness. Cones can be replaced with canned goods if you do not have cones, or any other place-holding item. Stay Strong Portland <3.

## 2) WARM-UP (~10MINS)

|                   |                |
|-------------------|----------------|
| WALKING           | WALKING LUNGES |
| CROSS ARM STRETCH | SIDE STEP      |
| OVER THE SHOULDER | HIGH SKIPS     |
| STRETCH           | HIGH KNEES     |
| CHEST STRETCH     | BUTT KICKERS   |
| BEAR HUG STRETCH  | HIGH KICKS     |
| TRUNK TWISTS      | WALKING        |

## 3) EXERCISES 45 Second Stations

- Station 1:** W-Run (w/ Cones)
- Station 2:** Star Jumps
- Station 3:** Push-Ups
- Station 4:** L-Run (w/ Cones)
- Station 5:** Jump Lunges
- Station 6:** Shuttle Runs
- Station 7:** 5-10-5 (w/ Cones)
- Station 8:** Single Legged- Directional Jump

## 4) Cardiovascular Fitness (~10MINS)

Grab your partner and decide who will be the first runner- the other will perform the assigned exercise. The runner will perform (N) Shuttle Runs and when they complete their runs, the other partner will go next.

- Up & Down Planks
- Side to Side Hop
- Burpee
- Leg Lifts

## REFERENCES

American College of Cardiology

## HEART HEALTH INSIGHT

- Maximum HR is determined:  $120 - \text{AGE} = \text{MHR}$
- Normal BP:  $<120/80\text{mm HG}$
- Elevated BP:  $120-140/80-90\text{mm HG}$
- Resting Hear Rate Ranges:  $60-100\text{bpm}$
- Mindfulness practice helps alter most of these numbers and lowering salt intake.

## How to Increase Intensity

- S1:** Add Backwards Running & Cut Quicker.
- S2:** Increase Total Number of Jumps Per Round.
- S3:** Do Plyometric Push-Ups.
- S4:** Perform Short Sprints.
- S5:** Hold a Heavy Item/ Keep Broom Extended Above Head.
- S6:** Increase the Length of the Sprint & Cut Quick.
- S7:** No Breaks Between Runs.
- S8:** Do single leg jump squats.

## 5) Cool Down

To begin the cool down, start walking around the room at a slow pace to start bringing your heart rate down incrementally. Focus on managing your breath- in through your nose, exhale through the mouth. Move your joints through their respected ranges of motion while you walk. After our heart rate is brought back down to normal (5-10 mins), we may relax.

**Trainer: Adrean Brings Him Back**

PORTLAND STATE UNIVERSITY

**Email: [Adreanbringshimback@gmail.com](mailto:Adreanbringshimback@gmail.com)**

**[Badrean@pdx.edu](mailto:Badrean@pdx.edu)**

**Phone/Text: (971) 258-7028**