

Exercise & Conditioning 10

Scope and Sequence

Skill	Content	Minimum # of Classes
Introductory	Setting up a positive classroom environment	2
Safety	Fitness center rules and etiquette, lifting safety, spotting	2
Warm up	Foam rolling, Boyle stretches, static stretches, dynamic stretches	8
Dumbbell lifts	Basic lifting technique and form to a number of different dumbbell lifts	7
Barbell lifts	Basic lifting technique and form for a variety of barbell lifts	7
Bodyweight lifts	Basic lifting technique and form for bodyweight-based exercises	6
TRX and Band lifts	Basic lifting technique and form for TRX and resistance band lifts	6
Kettlebell lifts	Basic lifting technique and form for a variety of kettlebell lifts	7
Cool down	Basic stretching routine	6
Abdominals	Core strengthening and abdominal exercises	6