

# STRENGTH AND CONDITIONING 11

## SCOPE AND SEQUENCE

<b>Skill</b>	<b>Content</b>	<b>Minimum # of Classes</b>
Introductory	Setting up a positive classroom environment	2
Safety	Safety - fitness center rules and etiquette, basic lifting safety, spotting	2
Warm up	Foam rolling, Boyle stretches, static stretches, dynamic stretches	6
Dumbbell lifts	Understand advanced lifting technique and form to a number of different dumbbell lifts	5
Barbell lifts	Understand advanced lifting technique and form to a number of different barbell lifts	5
Bodyweight lifts	Understand advanced lifting technique and form to a number of different bodyweight lifts	5
TRX and Band lifts	Understand advanced lifting technique and form to a number of different TRX and Band lifts	5
Kettlebell lifts	Understand advanced lifting technique and form to a number of different Kettlebell lifts	5
Cool down	Advanced stretches	5
Abdominals	Advanced ab exercises	5
Project	Create your own routine	13

