



MSSD LEARNING RESOURCES

PHYSICAL EDUCATION

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Hello Students!

You all are missed! I hope you are doing well and adapting to this new routine we are in now.

This is a guide for both physical education Team Sports and Strength & Conditioning classes. I strongly encourage you to follow it daily. It will benefit your overall wellness- especially your physical and mental health.

I strongly recommend you to be physically active for at least 60 minutes to several hours a day. It can be going outside for long walks, jogging, biking, playing games, activities and sports. Please still be mindful of social distance and wash your hands often!



MSSD LEARNING RESOURCES

I recommend you to follow Jason Coleman @jasonscoleman on Instagram. Jason is Deaf and runs his own fitness business. He is offering free sports performance classes via live on Instagram at 1pm EST on March 16, 18, 20, 23, 25, 27! I will follow up with you all weekly via email with new workouts and physical activity ideas.

Please reach out to me at meghan.maiwald@gallaudet.edu anytime if you have any questions or comments. If you have additional workout equipment at home and want to do more, please let me know what equipment you have and I can create an individualized program for you.

Stay healthy and safe!

Sincerely,

Meghan Maiwald



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Daily Workouts

Monday, Wednesday, and Fridays

Choose six different workouts (abs, quads, glutes, triceps, biceps, back, and chest) from the poster on the next page and do 3 to 5 rounds (sets) and between 15 to 20 repetitions each. Work hard and fast- after each round, rest for 30 seconds. Use this tracker to help!

My example: Sit ups, lunges, donkey kicks, tricep dips, supermans and chest squeezes. 4 rounds (sets), 15 repetitions each.

WORKOUTS	MONDAY	WEDNESDAY	FRIDAY

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CAUTION QUARANTINE AREA **QUARANTINE** **CAUTION QUARANTINE AREA**

THE TRAINING MANUAL

ABS **QUADS** **GLUTES** **TRICEPS** **BICEPS** **BACK** **CHEST**

H O M E E X E R C I S E S

 Sit-Ups	 Lunges	 Squats	 Diamond Push-ups	 Chin Ups	 Pull-ups	 Push-Ups
 Reverse Crunch	 High Knees	 Donkey Kicks	 Tricep Dips	 Backfists	 Scapular Shrugs	 Chest Expansions
 Bicycle Crunches	 Side Kicks	 Bridges	 Tricep Extensions	 Door Frame Row	 Supermans	 Chest Squeezes
 Flutter Kicks	 Climbers	 Tuck Jumps	 Get-Ups	 Body Rows	 Back Lifts	 Pike Push-ups
 Leg Raises	 Plank Jump-ins	 Fly Steps	 Punches	 Sitting Pull-Ups	 Alt Arm / Leg Plank	 Shoulder Taps
 Elbow Plank	 Lunge Step-Ups	 Side Leg Raises	 Side Chops	 Pseudo Planche	 Reverse Angels	 Clap Push-ups



MSSD LEARNING RESOURCES

Daily Core/Abs Workouts

Core/Abs Workout for Tuesday and Thursdays

Choose six different workouts (upper, lower, six pack, obliques, complete and core), and do 3 to 5 rounds (sets) and between 15 to 20 repetitions each. Work hard and fast- after each round, rest for 30 seconds.

My example: crunches, reverse crunch, flutter kicks, sitting twist, knee to elbow and half wipers. 4 sets, 15 repetitions each.

CORE/ABS	TUESDAY	THURSDAY	WEEKEND

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CAUTION QUARANTINE AREA **QUARANTINE** **CAUTION QUARANTINE AREA**

THE TRAINING MANUAL

UPPER LOWER SIX PACK OBLIQUES COMPLETE CORE

Easier

DIFFICULTY

HARDER

ABS WORKOUT

Crunches	Reverse Crunch	Flutter Kicks	Sitting Twist	Knee to Elbow	Half Wipers
High Crunches	Scissors	Elbow Plank	Cross Crunches	Knee to Elbow V2	Arm/Leg raise
Sit-Ups	Leg Raises	L-Sit	Side Jack-knives	Dead Bug	Wipers
Long Arm Crunches	Pulse ups	Star Plank	Toe taps	Plank Crunches	Plank Rolls
Hundreds	Bicycle Crunches	Hollow Hold	Sitting Punches	Side Plank Crunches	Knee to Twists
Knee Crunches	Crunch Kicks	V-Ups	Side Plank	V with rotations	Climber Taps



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Yoga

Highly recommend you to do Yoga and/or stretching everyday or every other day.

PDF option:

<https://www.changeinseconds.com/wp-content/uploads/2016/05/Yoga-Morning-Routine-CIS.pdf>

Youtube option:

Subscribe to “Yoga with Adriene.”

There are many different types of yoga- choose what fits you best and your mood that day.

<https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA>

Subscribe to “Yoga with Tim.”

There are many different types of yoga- choose what fits you best and your mood that day.

<https://www.youtube.com/channel/UCciuZI2ydLCvN5txILW0rlg>











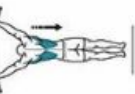



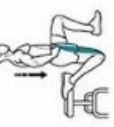

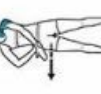




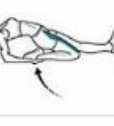




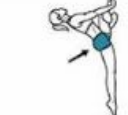



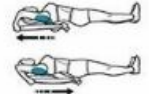









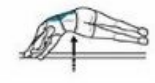

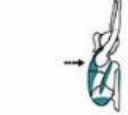







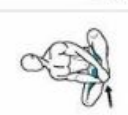


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Stretching

Stretch every day! Stretching before and after exercises is a great idea.

 Stretching Exercises								
		Triceps						
			Back					Ankles, Calves
				Abs				
								
								
								
	Neck	Shoulders	Chest, Biceps	Back, Lats	Torso	Hips	Glutes, Quads	Hamstrings

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MSSD LEARNING RESOURCES

Nutrition Guide

Are you planning your meals every day? This guide will help you make sure you get great nutrition!

Plan your meal
Balance your diet

Drinks
Avoid sugary drinks
Drink 2 liters of water daily

Fruit
Eat seasonal fruit
Buy local grown products

Dairy
Drink low-fat milk

Vegetables
Make half your meal fruits and vegetables

Proteins
Prefer white meat
Eat more vegetarian proteins

Grains
Eat whole grains

Tip
Plan and eat small portions of food and vary your diet

Grains **Vegetables** **Fruit** **Dairy** **Proteins** **Drinks**

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