ACTIVITIES

Level changes are movements from low to high. Our body goes through lots of level changes in every day life, such as being seated to getting up and standing, bending over to pick things up and lifting things into the air or onto a high shelf. If you have a physical job, you may have to perform lots of level changes with heavy equipment or materials and therefore functional training would be great for you. Level change exercises include squats.

Read the overview of squats in Human Movement:

Warm Up
https://youtu.be/dB5W4LZf0JU

Hex Test Pre Test:
https://youtu.be/AJ6iEbxrcgk

Activity

Box Jump with a 6- 12 inch box
- Face a sturdy box, aerobic step, or a weight bench. Stand with feet about hip-width apart. Hinge at the hips and squat down to jump up onto the box, taking care to land as softly as you can, with control, and both feet on the box. Step back down. Do 3 sets of 8 reps. Why: Explosive jumps will train your leg and core muscles to “turn on” faster during a run. Start with a low box, then slowly increase the height.
  - https://youtu.be/IgB8NkJ5Xpc

Squat
- Do 3 sets of 8
  - https://youtu.be/aclHkVaku9U

Split Squat with 90,90,90 set up
- Do 3 sets of 8
  - https://youtu.be/VncTA2oFMuo

ASSESSMENT:

Answer the following questions and submit them via a word document. Title the document by course name. Student name. Student ID and class period.

1. Did you follow the 90, 90, 90 rule? Explain.
2. What was your time for the hex test?
3. How will you improve your speed?