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***Meet LaSierra High PE—the last great physical education program in America to make a national impact.***

After years of researching this program, we are happy to begin sharing its success. A lot has changed since the early 1960s when Coach Stan LeProtti took LaSierra into the national and international spotlight. To move forward in 2015, we had a lot of work to do on this historic program. To optimize efficiency and the usability of the LaSierra system, we have made a few slight changes which will be explained and justified below. We believe these changes were necessary to move the program forward. We know Coach LeProtti would have wanted us to use LaSierra for improving today's youth and adult fitness, so let's begin...

**Strength Endurance Exercise Routine:** The LaSierra “SER” changed over time. We found different versions used over the years that included similar exercises but not always the same exact exercises or the same exact volume of exercises. To get everyone started again, we needed “one” level of SER that would be a good overall representation of this part of LaSierra’s PE program. The “White Team Level” we are releasing is accomplishes this goal. It is a solid routine that will give you a very good idea of the LaSierra SER. We have taken out a few of the more difficult movements that would be hard for many people today and slowed the pace down slightly. Our idea is to give as many people as possible the best chance for success with LaSierra.

**Cadence:** LaSierra used a cadence counting system like many vintage PE programs and military groups. Cadence is still used today by the military, but it would be very rare to find it used in public K-12 education although there are still a few doing this today. When gathering for “mass calisthenics,” it is important to use cadence to keep the group organized and moving in unison. There is no “one way” to count cadence. There were various counts used historically like 4-count, 8-count, 10-count, etc. Most of the LaSierra SER drills used the 8 count, so we are sticking to it. It is important to note that every single movement in the SER or other historical cadence calisthenic routines had a verbal count attached; the accurate counting and execution of each drill movement is critical to the success. To bring the SER forward, we have simplified the cadence from the most formalized versions since most people today have no cadence experience.

This simplified LaSierra High PE Strength Endurance Exercise Routine version is ready to once again provide a crisp mental and physical fitness in just a few minutes per day.

In Noble Purpose,

Ron Jones, MS  
Physical Education Teacher  
LaSierra High PE Film Historian  
Founder, The Lean Berets

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