

Strength Endurance Routine:
“Form Directions”



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LA SIERRA HIGH PE FILM PROJECT

SER Sampler Exercise Form Directions Packet

**Exercises performed in 2, 8, or 10 count cadence as marked.*

Move from Parade Rest to “Ready Position” on command then proceed.

✓ This is a short “sampler” version of LaSierra’s Strength Endurance Routine (SER).

- 1. SIDE STRADDLE HOPS (3 Sets of 8 Count)**
- 2. PUSH UPS (3 Sets of 2 Count)**
- 3. FULL BENDS (3 Sets of 8 Count)**
- 4. STRIDE HOPS (3 Sets of 10 Count)**

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“Preparation & Safety”

- **Fit for Duty-No Clinical Issues:** While all the exercises can be regressed and made easier, the routine is designed for the general population cleared to exercise.
- **Shoes:** The routine uses a lot of hop drills to condition feet and ankles. Soft shoes with thick soles do not transfer ground forces efficiently meaning the brain does not get proper feedback. Flexible shoes without excess padding are best.
- **Physical Education Mindfulness:** To get the most out of the routine, focus on form and quality. It matters. You’ll get smarter with brain and body this way.
- **Breathing & Lung Capacity:** Don’t hold breath. The YELLING of cadence is designed to challenge and improve lung capacity while preserving mental focus. If you cannot yell-just speak the cadence. Verbalizing cadence will improve results.
- **Ballistics:** The routine is “ballistic” meaning by design it is forceful and quick. If you cannot control this type of movement, modify as needed as some of the exercises will work slower too.
- **Range Of Motion:** (ROM) Decrease the distance of your body position travel as needed if you feel too tight. Over time with proper form, you will increase the ROM.
- **Speed:** Ballistic exercises are quick—decrease the “speed” of movement until you can maintain control and safety. Never sacrifice form for speed or volume.

“Preparation & Safety”

- **Volume:** This entry-level version is set as a basic representation of the daily LaSierra PE SER. If it is too much, do less sets.
- **Alignment:** Form is critical especially with ballistics and hopping. Pay attention to coaching tutorials. Keep knees in proper alignment to feet and hips. Keep posture set in spine and shoulders, etc.
- **Exertion:** By design, this routine is challenging. Modify as needed to maintain both proper form and safety.
- **Schedule:** LaSierra High PE classes did the SER Monday-Friday all year long. Modify as needed to suit individual and group abilities and needs.

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“PARADE REST POSITION”

- ✓ **Place feet parallel & slightly wider than hips.**
- **Upright posture. Attentive but relaxed.**
- **Hands behind low back; keep them open & relaxed.**
- **Left hand rests on buttocks. Right hand rests on top of left hand.**
- **Elbows out to sides with shoulders back & down.**
- **Head & neck upright and in neutral.**

“READY POSITION”

- ✓ Move from “Parade Rest” into “Ready” on instructor command of: Ready Position...*PLACE!*
- ✓ In Ready Position, put feet parallel & ≈2-3” apart.
 - Standing tall with upright posture.
 - Hands on hips with fingers together & forward.
 - Elbows straight out to sides with shoulders back & down.
 - Head & neck in neutral.
 - Eyes & ears on instructor.
 - *High alertness & READY* for commands!

EXERCISE #1 DIRECTIONS: "SIDE STRADDLE HOPS"

- ✓ **8-Count Sets (Hop Up=1; Hop Down=2)**
- ✓ **Starting from "*Ready Position*"**
- **1st Count-go from *Ready Position* to arms overhead as legs hop out wide to sides**
- **2nd Count-go from overhead arms with wide feet, hop feet back together as arms come down & palms face outer thighs**
- ✓ **Hop on balls of feet only**
- ✓ **Arms stay straight & back as they go up & down**
- ✓ **As arms go up over head, touch fingers at top of hop**
- ✓ **Head & neck in neutral; eyes on instructor; crisp form!**

EXERCISE #2 DIRECTIONS: "PUSH-UPS"

- ✓ **2-Count Sets (Repeat 3X)**
- ✓ **Starting from "Ready Position" then down into "*Front Lean Rest Position*"**
- ✓ **Feet together**
- ✓ **Hands under shoulders; shoulder blades engaged**
- ✓ **Back & legs straight**
- ✓ **Head up to project vocals & prevent "head down"**
- **1st Count-lower body with elbows close to ribs taking chest/chin close to ground**
- **2nd Count-raise whole body in one straight unit. NO banana backs or stink bugs!**

EXERCISE #3: “FULL BENDS”

- ✓ ***8-Count Sets of 4 Movements***
- ✓ ***Start in “Ready Position”***
- **1st Count-keep legs straight & bend from hips & spine as hands reach towards floor**
- **2nd Count-stand FULLY upright to *Ready Position***
- **3rd Count-“fling” arms out and up @ $\approx 30-45^\circ$**
- **4th Count-hands back to hips in *Ready Position***
- ✓ **Repeat the 4 moves twice for an 8 count.**
- ✓ **These can be done slow but also faster if you are fit enough. Fully utilize stretch response for postural corrections.**

EXERCISE #4: “STRIDE HOPS”

- ✓ ***10-Count (1-Left Foot Forward; 2-Right Foot Forward)***
- ✓ ***Start in “Ready Position” (hands stay on hips for these)***
- ***1st Count-hop left foot forward & right foot back***
- ***2nd Count-hop right foot forward & left foot back***
- ***Last Count/Last Set-Hop feet back into Ready Position***
- ✓ ***Hop on balls of feet only!***
- ✓ ***Use slight bend in knees as feet hit ground to soften hops***
- ✓ ***Keep hopping on “one spot” without moving out of formation***