

# **NTI HARLAN COUNTY HIGH SCHOOL**

## **PE 1 & PE 2 STUDENT PACKET**

### **THEMED WORKOUTS**

#### **DIRECTIONS:**

**Students are to follow the themed workout regimes. Each exercise or stretching activity has a picture demonstration. When starting or completing the appropriate workout for the NTI Day, students are responsible for emailing PE instructor.**

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#### **NTI DAY 1**

# AVENGER

NEILA REY WORKOUT

neilarey.com



1  
20 squats



2  
20 climbers



3  
20 flowsteps



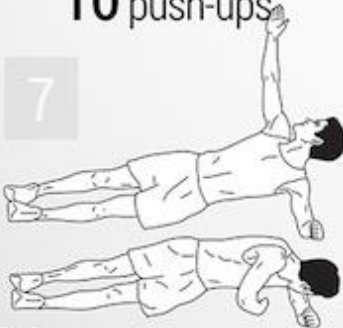
4  
10 push-ups



5  
30 renegade rows



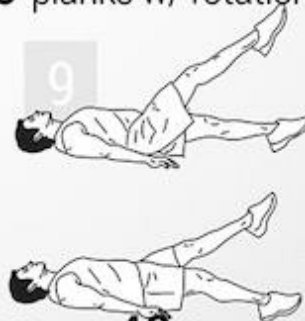
6  
20 planks w/ rotations



7  
20 side planks w/ rotations



8  
20 alt lowering drills



9  
40 flutter kicks

**5 sets** or as many as you can do **rest between sets** up to 2 minutes

**NTI DAY 2**



# KRATOS

NEILA REY WORKOUT © neilarey.com



4 close grip push-ups



10 wide grip push-ups



4 cross body push-ups



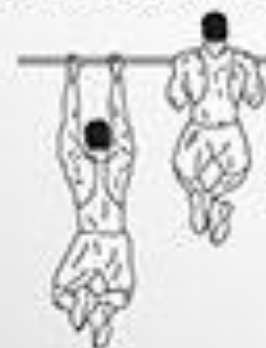
20 knee-to-elbow sit-ups



20 flutter kicks



10 reverse crunches



7  
to failure  
chin-ups



8  
to failure  
pull-ups

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# ASSASSIN'S workout

neilarey.com



level I 3 sets level II 5 sets level III 7 sets rest between sets up to 60 seconds






# NEILA REY WORKOUT

neilarey.com

1   
**30** squats

2   
**5** jump knee-tucks

3   
**20** climbers

4   
**10** push-ups

5   
**30sec** elbow plank

6   
**20** lunges

7   
**10** leg raises

8   
**10** sit-ups

9   
**10** windshield wipers

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

themed workouts

<http://ift.tt/1h4NxpU>

**NTI DAY 5**



# STORM TROOPER

NEILA REY WORKOUT

[neilarey.com](http://neilarey.com)



1. high knees



2. half jacks



3. standing leg raises



4. squats



5. push-ups



6. forward lunges



7. plank jump-ins



8. mountain climbers



9. plank leg raises

**10 reps each**

**level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

**NTI DAY 6**

# total abs

NEILA REY WORKOUT

neilarey.com



1 10 knee crunches



2 10 cross crunches



3 12 leg raises



4 20 cycling crunches



5 20 flutter kicks



6 10 heel touches



7 60sec elbow plank



8 10 Russian twists

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

NTI DAY 7



# FLASH

NEILA REY WORKOUT [neilarey.com](http://neilarey.com)

		
<b>round 1</b> → 40 fast high knees	10 squats	20 push-ups
		
<b>round 2</b> → 20 fast high knees	20 lunges	20 plank jacks
		
<b>round 3</b> → 40 fast high knees	10 push-ups	20 plank leg raises
		
<b>round 4</b> → 20 fast high knees	20 flutter kicks	20 scissors

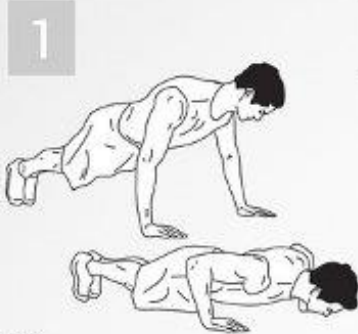
repeat 5 times or as many as you can **rest between sets** up to 2 minutes



# PREDATOR

NEILA REY WORKOUT

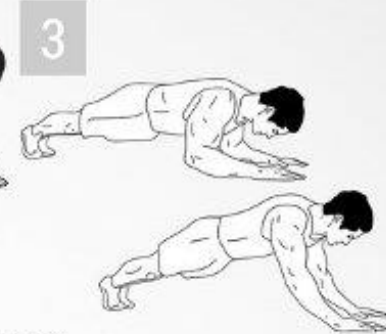
neilarey.com



10 wide grip push-ups



20 climbers



10 tricep extensions



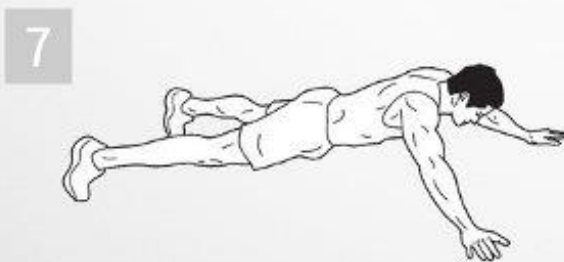
40sec uneven plank



20 cross punch sit-ups



20 sitting twists



20sec star plank



20 plank jump-ins

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# BATMAN

NEILA REY WORKOUT

[Bane edition]

neilarey.com



**10** heel touches



**10** raised leg circles



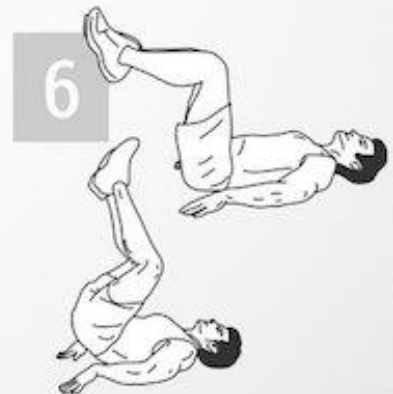
**12** scissors



**10** knee pull-ins



**20** flutter kicks



**10** reverse crunches

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

**NTI DAY 10**

# COORDINATOR

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



8 lunge twists



8 balance side lunges



8 balance swings



8 alt arm/leg raises



8 plank knee-to-elbows



8 side plank knee-to-elbow



8 forward/back taps



8 dead bugs



8 cross reach sit-ups