

Objective

By the end of this lesson, you will have improved your strength and endurance while working towards achieving your fitness goals.

Materials and Prep

- Pull-up bar
- Dip station
- Open space for pushups, squats, and handstand pushups
- Positive attitude and determination

Activities

1. Pull-up Progression: Start with assisted pull-ups using a chair or resistance band and gradually increase the difficulty as you progress.
2. Pushup and Squat Circuit: Perform sets of 10 pushups followed by 20 squats, repeat for a total of 5 sets.
3. Handstand Practice: Begin by practicing against a wall and work on gradually increasing your hold time.

Talking Points

- "Let's start with some assisted pull-ups to build your strength. Remember, progress takes time and consistency."
- "For the pushup and squat circuit, focus on maintaining proper form throughout the sets to prevent injury."
- "Handstand pushups require core strength and balance. Take your time to perfect your form."
- "Consistency is key in achieving your fitness goals. Celebrate small victories along the way."
- "Listen to your body and rest when needed. It's important to recover to avoid burnout."