

Hope Sports is a Lutheran Church of Hope West Des Moines program that equips, empowers and encourages athletes and coaches to deepen their faith and grow in skills and sportsmanship.

We do this by providing opportunities for athletes (ages 4 and up), parents, coaches and fans to develop their knowledge in sports and athletic skills in a Christ-centered environment.

January 2025

New Year, New You Physically”

- Each week a new movement to learn and master.
 - Week 1 Squat
 - Week 2 Push Up
 - Week 3 Lunge
 - Week 4 Sit up
 - 50 reps during the day

- Progress it as needed
 - Squat example:
 - 5 sets of 10
 - 10 sets of 5
 - Add weight

- Regress it as needed
 - Squat example:
 - Sit to chair for 50 reps during the day