



# HS Personal Fitness and Wellness

April 20, 2020



# HS Personal Fitness and Wellness

## Lesson: April 20, 2020

### Objective/Learning Target:

Students will build on prior knowledge to create their own HIIT (High-Intensity Interval Training) routine while improving their personal levels of the 5 Components of Fitness.

Let's Get Started!

## Practice:

- Choose 3 exercises from the Upper Body and Lower Body, 2 exercises from Core, and 7 exercises from Cardio. Mix and match exercises so that a cardio exercise follows a strength exercise. Do each exercise for 40 seconds then rest for 20 seconds before moving to the next move. Repeat the routine up to 3 times for a complete body HIIT (High-Intensity Interval Training) workout.
- Refer to the slides with the exercises before you start your workout.
- Write your routine down so you can follow it in order.
- Feel free to use whatever music motivates you.
- Make sure you warm up before starting your routine.
- Be sure to Hydrate.
- Make sure you Cool Down/Stretch when you are done.

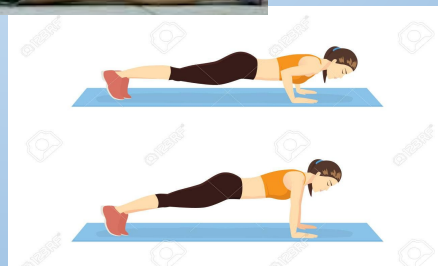
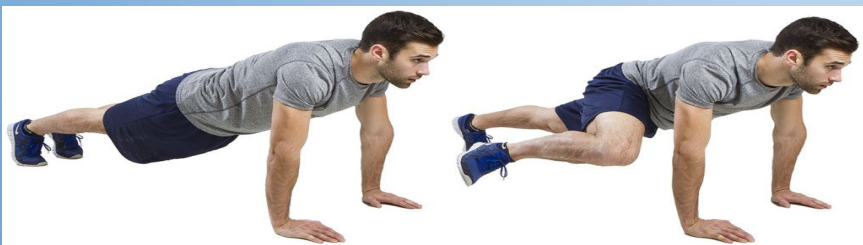
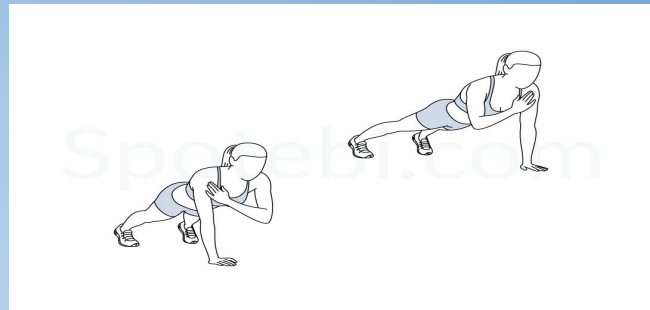
**GOOD LUCK and DON'T FORGET TO BREATHE!!**

# Note:

- The name explains it all: HIIT means working as hard as possible (high intensity) for a short period of time (interval). Think about it as quality versus quantity.
- Remember to push yourself to improve, but also have patience – don't sacrifice proper form and risk injury for the sake of adding more repetitions or trying exercises that are too difficult.
- Complete one iteration of the entire routine, rest 1 minute, and then do the whole thing again. Work towards being able to do the whole routine 3 times through with as little rest as possible.

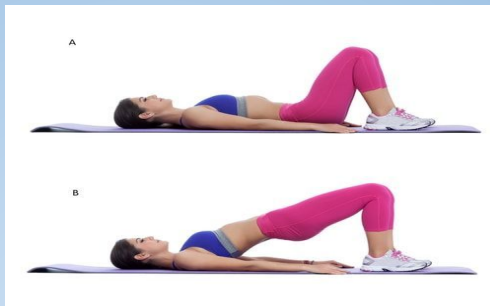
# Choose 3 Upper Body Exercises

- 1) Push Ups
- 2) Tricep Dips
- 3) Plank Shoulder Taps
- 4) Outside Mountain Climbers
- 5) Up-Down Planks
- 6) Rocking Planks
- 7) Inch Worms



# Choose 3 Lower Body Exercises

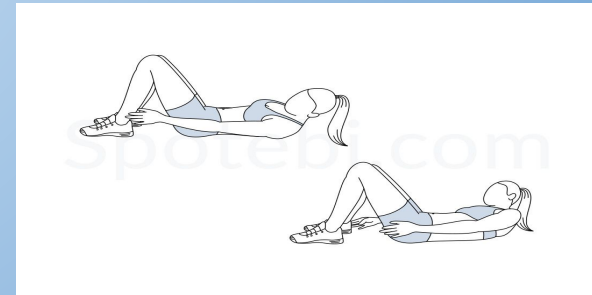
- 1) Sumo Squats
- 2) Donkey Kicks
- 3) Wall Sits
- 4) Glute Bridges
- 5) Alternating Lunges
- 6) Side Leg Raises
- 7) Squats





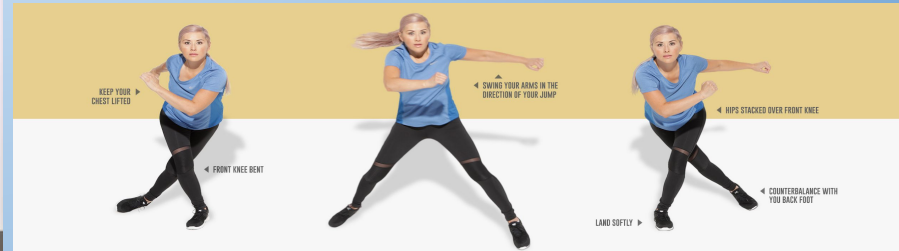
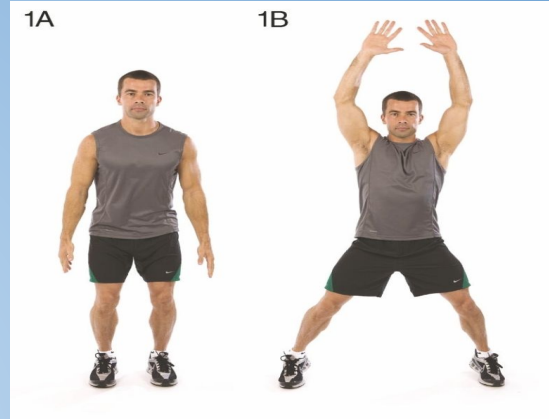
# Choose 2 Core Exercises

- 1) Plank
- 2) Bicycle Crunches
- 3) Supermans
- 4) V- Ups
- 5) Russian Twists
- 6) Side Plank
- 7) Heel Touch



# Choose 7 Cardio Exercises

- 1) Jumping Jacks
- 2) High Knees
- 3) Burpees
- 4) Mountain Climbers
- 5) Speed Skaters
- 6) Butt Kicks
- 7) Side to Side Jumps
- 8) Front to back Jumps
- 9) Jog in place
- 10) Scissor Runs





# Warm Up

## **QUICK** **warmup**

BY DAREBEE © [darebee.com](http://darebee.com)  
Repeat each exercise for 20 seconds.



half jacks



chest expansions



half jacks



arm rotations



half jacks



torso rotations

Start Your Workout!



# Cool Down/ Stretch

## COOL DOWN AFTER WORKOUT





OBSTACLES **DON'T** HAVE TO **STOP** YOU.  
IF YOU RUN INTO A WALL,  
**DON'T** TURN AROUND AND **GIVE UP**.  
**FIGURE OUT HOW** TO CLIMB IT,  
**GO THROUGH IT, OR WORK AROUND IT.**

— MICHAEL JORDAN  
[REALPERFORMANCE.COM](http://REALPERFORMANCE.COM)