



HS Personal Fitness and Wellness

April 23, 2020



HS Personal Fitness and Wellness

Lesson: April 23, 2020

Objective/Learning Target:

Students will participate in an upper body interval workout. Students will build on prior knowledge to guide their workout while improving their personal levels of the 5 Components of Fitness:

1. Cardiovascular Endurance
2. Muscular Strength
3. Muscular Endurance
4. Flexibility
5. Body Composition

LET'S GET STARTED: Follow the attached slides

Practice:

- Be sure to warm up before you start your workout.
- Alternate between the two exercises in each Tabata superset, performing the first move for 20 seconds followed by 10 seconds of rest before starting the next move. Repeat each superset 3x, if possible.
- Consider YouTube to find Tabata music to count you through, if possible. You can also use your own music with a watch or stopwatch.
- Refer to the slides with the exercises before you start your workout. Modifications can be made for certain exercises if needed.
- Be sure to Hydrate.
- Make sure you Cool Down/Stretch when you are done.

GOOD LUCK and DON'T FORGET TO BREATHE!!

Warm Up

QUICK **warmup**

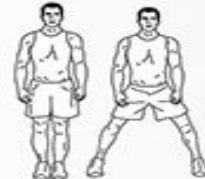
BY DAREBEE © darebee.com
Repeat each exercise for 20 seconds.



half jacks



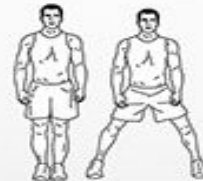
chest expansions



half jacks



arm rotations



half jacks



torso rotations

Push Up

Push Up

- ① Tight core and glutes, in line with head and ankles
- ② Chest touches ground
- ③ Hands beneath shoulders
- ④ Elbows above hands, close to body
- ⑤ Neutral gaze



Plank In & Outs

PLANK IN & OUT'S

Start position



Modify- Elbow plank



Jump both feet out or step

3 MINUTES
TOTAL



Shoulders inline with wrists
Tummy sucked towards spine
Butt squeezed
Feet together
DON'T drop back down

Jump BOTH feet out and back in
STEP THEM OUT & IN to modify
Take a rest when needed.

Up-Down Plank



Tricep Dips

- Use a chair or just the floor



Lateral Plank Walk

Lateral Plank Walk

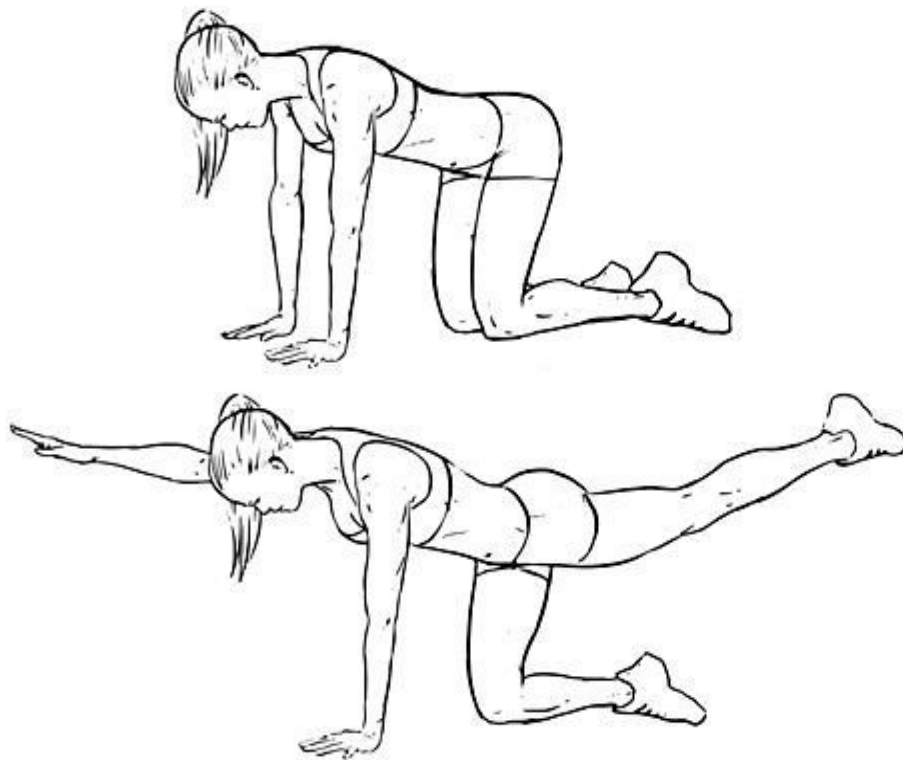
1. Begin in the plank position with your hands underneath your shoulders and your body in one straight line.
2. Simultaneously cross your right hand toward the left as you step your left foot out to the left.
3. Then simultaneously step your left hand and right foot to the left, returning to the plank position. Your hands move together as your feet step apart.
4. Take two more steps in this direction, keeping your abs pulled toward your spine and your pelvis level. This completes one rep.
5. Reverse directions, taking three steps the right.
6. Do 15 reps in each direction to complete one set.



Reverse Snow Angels



Bird Dogs



Bird Dogs / Alternating Reach & Kickback

Primary muscle group: **Abs, Lower Back**

Secondary: **Glutes & Hip Flexors**

Equipment: **NO EQUIPMENT**

1. Position yourself on all fours with knees underneath the hips and wrists under the shoulders.
2. Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.
3. Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.
4. Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.

Inch Worm



1) :20 Push Ups
:10 Rest
:20 Plank In and Outs
:10 Rest

REPEAT THREE TIMES

2) :20 Up-Down Plank
:10 Rest
:20 Tricep Dips
:10 Rest

REPEAT THREE TIMES

3) :20 Lateral Plank Walks
:10 Rest
:20 Reverse Snow Angels
:10 Rest

REPEAT THREE TIMES

4) :20 Bird Dogs
:10 Rest
:20 Inch Worms
:10 Rest

REPEAT THREE TIMES

Cool Down/ Stretch

COOL DOWN AFTER WORKOUT



A person with extensive tattoos is shown from the chest up, lifting a barbell. The person's arms are heavily tattooed, and they are wearing a dark, sleeveless top. The background is a dark, textured wall. The overall image has a blue tint.

*Be Stronger
than your
Strongest
Excuse*