



# HS Personal Fitness and Wellness

April 28, 2020



# HS Personal Fitness and Wellness

## Lesson: April 28, 2020


### Objective/Learning Target:

Students will participate in a full 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:

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- Make sure you 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. Continue the alternating pattern for 8 minutes. In the 60-second rest period between Tabata sets, perform the suggested stretch.
  - 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 starting 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!!**

# Jumping Jacks



# Inch Worm



# Sumo Squat



# Up- Down Plank



# Reverse Lunge

*How to do a Reverse Lunge Exercise*





# Mountain Climbers

verywell

## MOUNTAIN CLIMBERS

### TIP

Keep your core engaged and your back straight as you bring each knee forward.



# Side Lunge



# Bicycle Crunches

- Keep shoulders lifted off the floor without pulling on neck
- Bring elbow to knee
- Alternate in pedaling motion



# Warm Up

## QUICK warmup

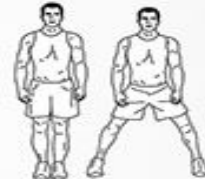
BY DAREBEE © [darebee.com](http://darebee.com)  
Repeat each exercise for 20 seconds.



half jacks



chest expansions



half jacks



arm rotations



half jacks



torso rotations

- 1) :20 Jumping Jacks
- :10 Rest
- :20 Inch Worm
- :10 Rest

REPEAT THREE TIMES

1 Minute Rest: Standing Glute Stretch

- 2) :20 Sumo Squat
- :10 Rest
- :20 Up-Down Plank
- :10 Rest

REPEAT THREE TIMES

1 Minute Rest: Standing Quad Stretch

- 3) :20 Alternating Reverse Lunges
- :10 Rest
- :20 Mountain Climbers
- :10 Rest

REPEAT THREE TIMES

1 Minute Rest: Deep Hip Flexor Stretch

- 4) :20 Alternating Side Lunges
- :10 Rest
- :20 Bicycle Crunches
- :10 Rest

REPEAT THREE TIMES

# Cool Down/ Stretch

## COOL DOWN AFTER WORKOUT



**“DON’T LET  
ANYONE  
WORK  
HARDER  
THAN  
YOU DO.”**

**SERENA WILLIAMS**

@shape