

HS Personal Fitness and Wellness

Lesson: April 13, 2020

Learning Target: Students will participate in a lower body interval workout.

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!!

Sumo Squats



High Knees



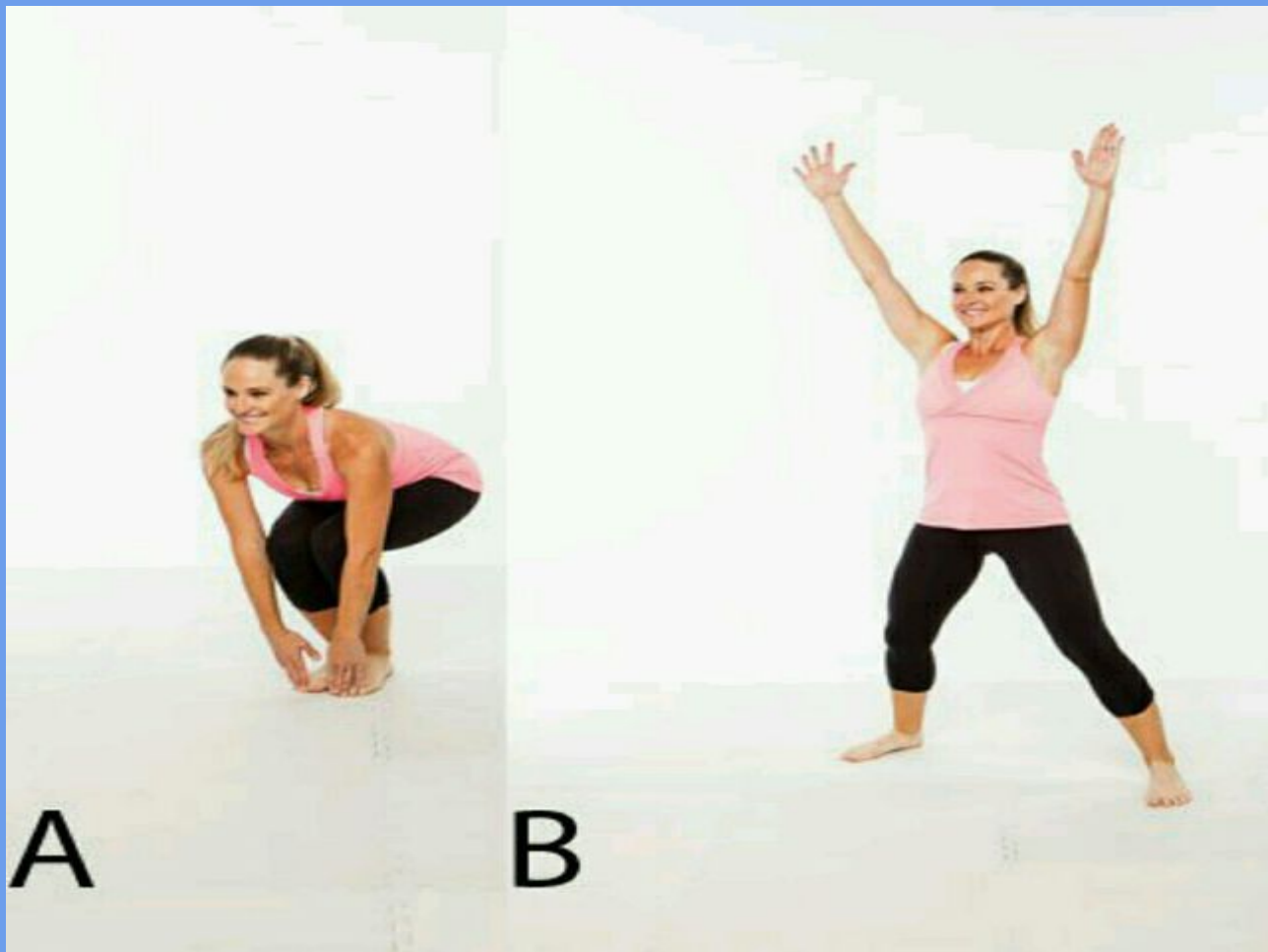
High Knees

- Stay on the balls of your feet.
- Lift your knees high.
- Lean back a little if that helps with the knee lift.

Lift your knees high, but don't be too aggressive. Be mindful of your lower back.

Stay on the balls of your feet.

Star Jump



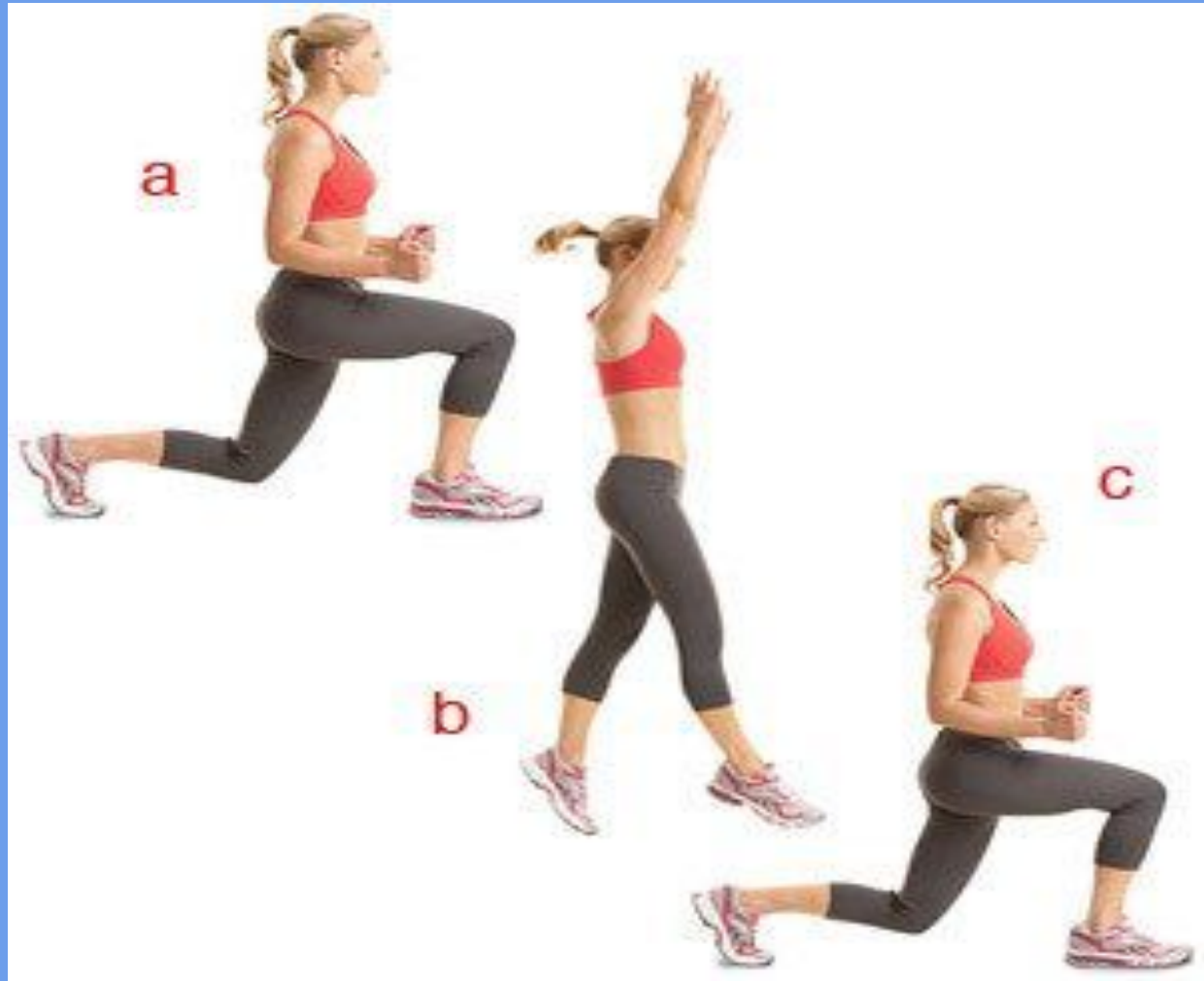
A

B

Fire Hydrant



Jump Lunge



Glute Bridges



Speed Skater

- Stand with your feet and knees together and crouch down: Hips low, back flat, hands in front of your body.
- Staying low, take a large step to the right side, swinging your arms across your body and landing on the right leg. Repeat alternating sides.



Donkey Kicks



Warm Up

QUICK warmup

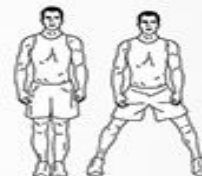
BY DAREBEE © darebee.com
Repeat each exercise for 20 seconds.



half jacks



chest expansions



half jacks



arm rotations



half jacks



torso rotations

1) :20 Sumo Squats
:10 Rest
:20 High Knees
:10 Rest

REPEAT THREE TIMES

2) :20 Star Jumps
:10 Rest
:20 Fire Hydrants
:10 Rest

REPEAT THREE TIMES

3) :20 Jump Lunges
:10 Rest
:20 Glute Bridges
:10 Rest

REPEAT THREE TIMES

4) :20 Speed Skaters
:10 Rest
:20 Donkey Kicks(Alt. Legs)
:10 Rest

REPEAT THREE TIMES

***PUSH YOURSELF,
BECAUSE NO ONE ELSE
IS GOING TO DO IT
FOR YOU.***



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