

# HS Personal Fitness and Wellness

Lesson: April 15, 2020

**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!!**

# 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

A.

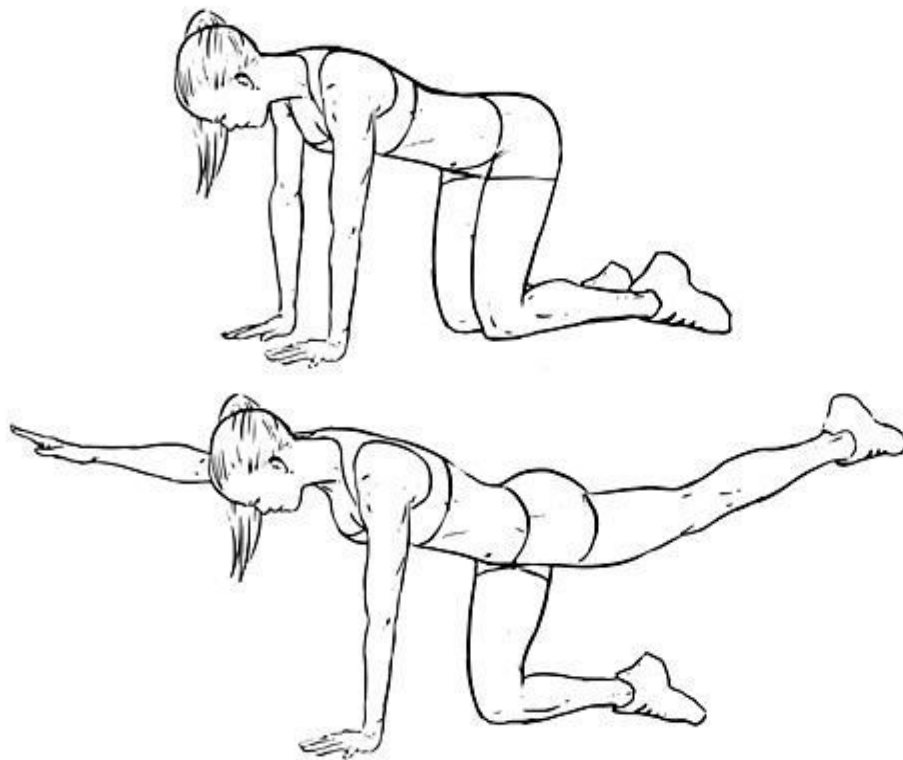


B.





# 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



# Warm Up

# QUICK warmup

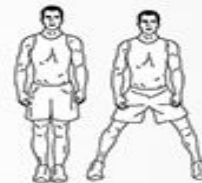
BY DAREBEE © [darebee.com](http://darebee.com)  
Repeat each exercise for 20 seconds.



half jacks



chest expansions



half jacks



arm rotations



half jacks



torso rotations

1) :20 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

**DON'T LIMIT YOUR  
CHALLENGES.  
CHALLENGE YOUR  
LIMITS.**

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