

HS Personal Fitness and Wellness

Lesson: April 16, 2020

Learning Target: Students will participate in an core 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!!

Mountain Climbers

verywell

MOUNTAIN CLIMBERS

≡ TIP

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



Side Plank (Right)

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FOREARM SIDE PLANK

« TIP

Keep your head and spine neutral as you engage your core, lifting your hips and knees off the floor.



Heel Touches



Side Plank (Left)



Outside Mountain Climbers

- Start in the push up position
- Raise right knee to right outside elbow
- Place right foot back and repeat with left leg to complete the rep



Rocking Planks (side to side)



V Ups



Bicycle Crunches

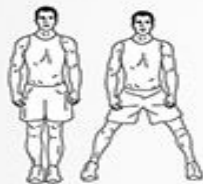
- Keep shoulders lifted off the floor without pulling on neck
- Bring elbow to knee
- Alternate in pedaling motion



Warm Up

QUICK warmup

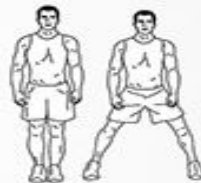
BY DAREBEE © darebee.com
Repeat each exercise for 20 seconds.



half jacks



chest expansions



half jacks



arm rotations



half jacks



torso rotations

1) :20 Mountain Climbers
:10 Rest
:20 Side Plank (right)
:10 Rest

REPEAT THREE TIMES

2) :20 Heel Touches
:10 Rest
:20 Side Plank (left)
:10 Rest

REPEAT THREE TIMES

3) :20 Outside Mountain Climbers
:10 Rest
:20 Rocking Planks(side to side)
:10 Rest

REPEAT THREE TIMES

4) :20 V Ups
:10 Rest
:20 Bicycles Crunches
:10 Rest

REPEAT THREE TIMES

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The hard days
are what make
you *stronger*.

- ALY RAISMAN



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