

# HS Personal Fitness and Wellness

Lesson: April 17, 2020

**Learning Target:** Students will participate in a cardio 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!!**

# High Knees



# Butt Kicks



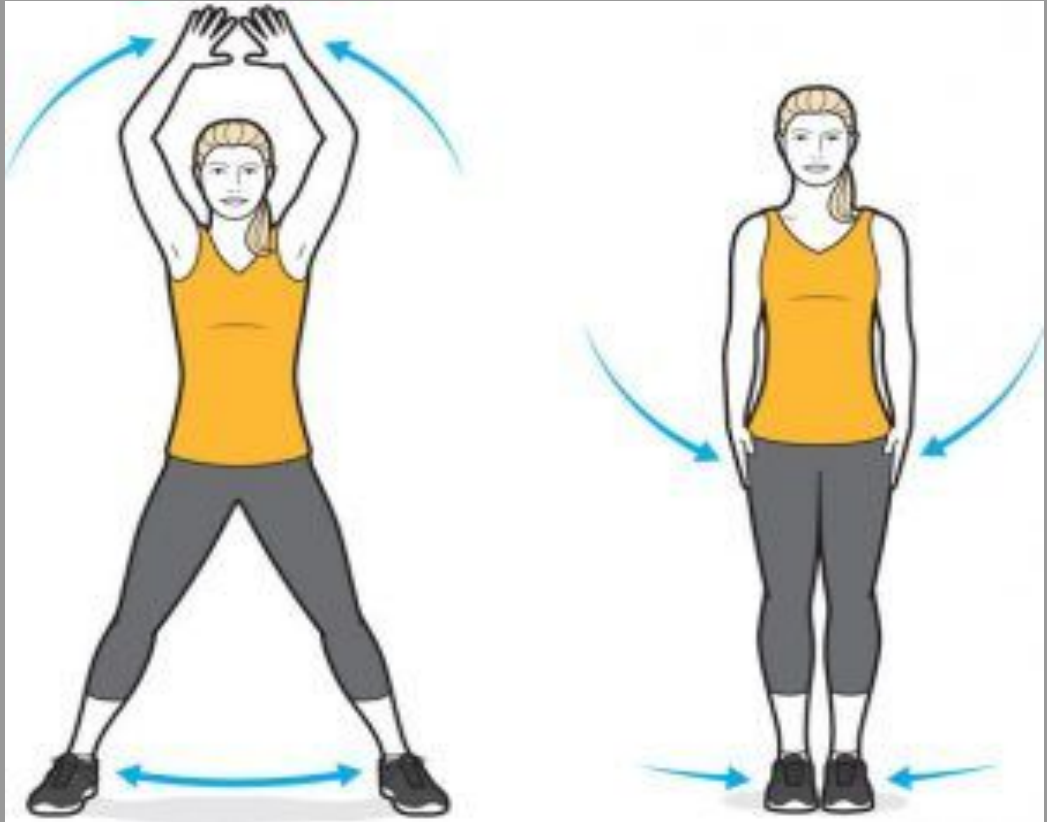
# Line Hops (side to side)



# Squats



# Jumping Jacks



# Froggers





# Scissor Runs



# Burpees



# Warm Up

# QUICK warmup

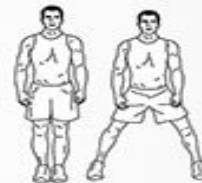
BY DAREBEE © [darebee.com](http://darebee.com)  
Repeat each exercise for 20 seconds.



half jacks



chest expansions



half jacks



arm rotations



half jacks



torso rotations

1) :20 High Knees  
:10 Rest  
:20 Butt Kicks  
:10 Rest

REPEAT THREE TIMES

2) :20 Line Hops(side to side)  
:10 Rest  
:20 Squats  
:10 Rest

REPEAT THREE TIMES

3) :20 Jumping Jacks  
:10 Rest  
:20 Froggers  
:10 Rest

REPEAT THREE TIMES

4) :20 Scissor Runs  
:10 Rest  
:20 Burpees  
:10 Rest

REPEAT THREE TIMES

A motivational quote is centered on a vibrant background. The background features a sunset sky with warm orange and yellow tones, a red paper airplane flying in the upper left, and a vast sea of soft, white and pinkish clouds below. The quote is written in a bold, black, distressed font. The text reads: "DON'T GIVE UP. GREAT THINGS TAKE TIME."

**DON'T GIVE  
UP.  
GREAT THINGS  
TAKE TIME.**