



HS Personal Fitness and Wellness

April 21, 2020



HS Personal Fitness and Wellness

Lesson: April 21, 2020

Objective/Learning Target: Students will participate in a circuit workout focusing on glute muscles. Students will build on prior knowledge to guide their workout while improving their personal levels of the 5 Components of Fitness:

Let's Get Started!

Practice:

- Make sure to warm up before you start your workout.
- Perform each exercise for 20 seconds, followed by 10 seconds of rest before starting the next exercise. Repeat each circuit 3x, if possible.
- Use whatever music motivates you.
- You will need a device to count you through.
- Refer to the slide with the exercises and instructions before you start your workout. Modifications can be made for certain exercises if needed.
- Be sure to Hydrate.
- Make sure to Cool Down/Stretch when you are done.

GOOD LUCK and DON'T FORGET TO BREATHE!!

How To:

Rainbow Kick- Get down on your hands and feet. Raise butt up so that your legs are straight with feet on the floor. Raise your left leg up and out to the side of your body so that your toe touches the floor. Raise your leg up as high as possible while forming an arc and bring it over your other leg and touch the ground with your toes.

Frog Kicks (lifts)- Lay on your belly, resting onto your forearms. You can place your head on your forearms for comfort. Your knees go out wide and your feet put together. Simply, lift your thighs up off the floor continuously.

- Make sure to alternate legs for some of the exercises that require them.
Ex. rainbow kicks, fire hydrants, 1 leg glute bridge

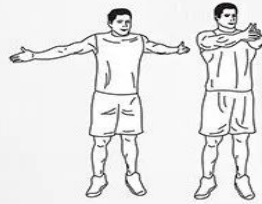
The image displays a grid of exercise photos with captions and repetition counts. The exercises shown are:

- Rainbow kicks**: 20 sec circuits x 3. Shows a person performing a rainbow kick in four stages.
- Glute Bridge**: 20 sec circuits x 3. Shows a person performing a glute bridge in two stages.
- Frog kicks**: 20 sec x 3. Shows a person performing frog kicks. Below the photo is the text: "60 sec break x 1 - at half way point".
- 1 leg glute bridge**: 20 sec circuits x 3. Shows a person performing a 1 leg glute bridge in two stages.
- Fire Hydrant**: 20 sec circuits x 3. Shows a person performing a fire hydrant exercise in two stages.

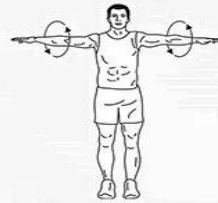
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Warm Up

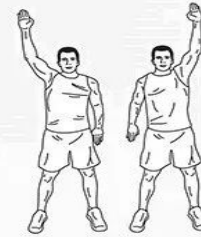
Warm Up Exercises



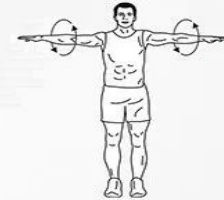
chest expansions



arm circles



alt chest expansions



arm circles



torso rotations



hip rotations



torso rotations



shoulder rotations

Put it all together and begin Your Workout!

YOU

GOT

THIS

Equipment Required

Glute Bridge
20 sec circuits x 3

Rainbow kicks
20 sec circuits x 3

Frog kicks
20 sec x 3
60 sec break x 1 - at half way point

1 leg glute bridge
20 sec circuits x 3

Fire Hydrant
20 sec circuits x 3

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Cool Down/ Stretch

Yvan
Fitness

Post-Workout Stretching Routine

Kick start muscle recovery, maximize gains and prevent injury by performing these stretches after your strength training workout.

hold each stretch for **30 seconds**, taking 5 seconds to get into the next position.



Neck x 2



Shoulders x 2



Chest



Quadriceps x 2



Calves x 2



Back



Hamstrings x 2




Lower Back x 2



Abdominals skip if you have back problems





Don't count the days,
make the days count

— ***Muhammad Ali*** —