



HS Personal Fitness and Wellness

April 27, 2020

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Lesson: April 27, 2020

Objective/Learning Target: Students will participate in a Full Body Workout by performing muscle building moves through Animal-Inspired motions.

Let's Get Started!



Practice:

- Make sure to warm up before you start your workout.
- Challenge your entire body in a fun, functional way by adding these animal-like moves to your workout.
- Use whatever music motivates you.
- You can add equipment such as gliding discs or a medicine ball or improvise with similar items. These are optional, of course.
- Refer to the slide with the exercises and instructions before you start your workout. Modifications can be made for certain moves if necessary.
- Be sure to Hydrate.
- Make sure to Cool Down/Stretch when you are done.

GOOD LUCK and DON'T FORGET TO BREATHE!!

Komodo Dragon

- This move trains your body to keep your torso stable as you move your extremities. It engages muscles from your hands to your feet, although the main ones involved are your abs and shoulder stabilizers.
- A) Get in plank position with hands on floor below shoulders and feet positioned on two gliding discs.
- B) Maintaining a neutral spine, walk forward with hands dragging feet behind you for 15-20 yards. Avoid too much side-to-side hip movement by keeping core fully engaged. For an added challenge, do move in reverse.



Monkey Shuffle

- This involves moving your hands to your side to propel your body sideways, creating total-body movement.
- This move can also be done using a medicine ball, placing ball on floor instead of hands.
- A) Stand with feet wide, both hands flat on floor to the right of feet.
- B) Shift weight to hands and hop feet to right, landing with feet outside of hands. Reposition hands flat on floor to the right of feet and repeat the sequence. Do five reps traveling to the right before switching directions.



Crouching Tiger Walk

- This core exercise targets the obliques and requires strength, stability, and mobility of the shoulders, abs, hips and back.



Cocoons

- This core exercise works the midsection.
- Rather than isolating one abdominal muscle, the move includes arm and leg movements to also challenge hip flexors, lats, and quadriceps, among others.
- A) Lie on back, arms and legs fully extended
- B) Bring knees to chest, rolling shoulders up to get into the smallest “cocoon” position possible. Reverse the movement, returning to starting position and repeat.



Cricket Hops

- A) Get in the bottom of push-up position, hands in a closed fist under shoulders. *(If this is too challenging for wrists, place palms on ground as you would for a regular push-up.)*
- B) Explode upwards fast, using upper body (arms) and lower body (feet). Push hard enough so entire body leaves the ground several inches, like a traveling push-up. Return to starting position for another explosive half push-up, then repeat sequence.



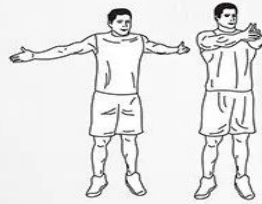
Bear Crawl

- Incorporating a move like the bear crawl into your workout develops hip mobility while improving core and upper body strength.
- A) In an area with plenty of open space, get on hands and knees, hands below shoulders and knees below hips. Rise up onto balls of feet, keeping hips at same level or slightly lower than shoulders. Bring right leg forward so right knee is in line with belly button.
- B) Move right hand and left foot forward approximately 6-10 inches. Repeat sequence, continuing to alternate sides without pausing as you move rhythmically across the floor for desired distance.

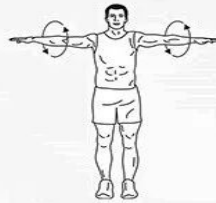


Warm Up

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!

- Aim for 3-5 sets
- Rest up to 2 minutes



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 - 2



Shoulders - 2



Chest



Quadriceps - 2



Calves - 2



Back



Hamstrings - 2



Lower Back - 2



Abdominals skip if you have back problems



*When you focus
on the good,
The good gets better.*

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