



# HS Personal Fitness and Wellness

April 29, 2020



# HS Personal Fitness and Wellness

## Lesson: April 29, 2020

### Objective/Learning Target:

Students will participate in a full body Yoga routine while building muscular strength, muscular endurance and improving their personal levels of flexibility.

Let's Get Started:

# YOGA-NA-LOVE IT!

# Practice:

- Yoga is all about challenging your limits and reaching new stages of strength and flexibility. But you should never stretch beyond capacity.
- On a general basis, you need to hold the yoga poses for about 10-12 breaths. With practice, you can also go up to 30 breaths. It will help you hold the pose for around 3 minutes.
- Don't push yourself to strain or physical discomfort. Make sure you are comfortable with these movements.
- Repeat 3-4 times.
- Refer to the slides with the poses before you start your workout. Modifications can be made for certain poses if needed.
- Be sure to Hydrate.

GOOD LUCK and DON'T FORGET TO BREATHE!!

# Plank

- Tones abs and builds strength in your upper body

## PLANK POSE

### TIP

Make sure your hips aren't drooping toward the floor or hiked up toward the ceiling. Don't lock your elbows.

Hold for up to 10 breaths.



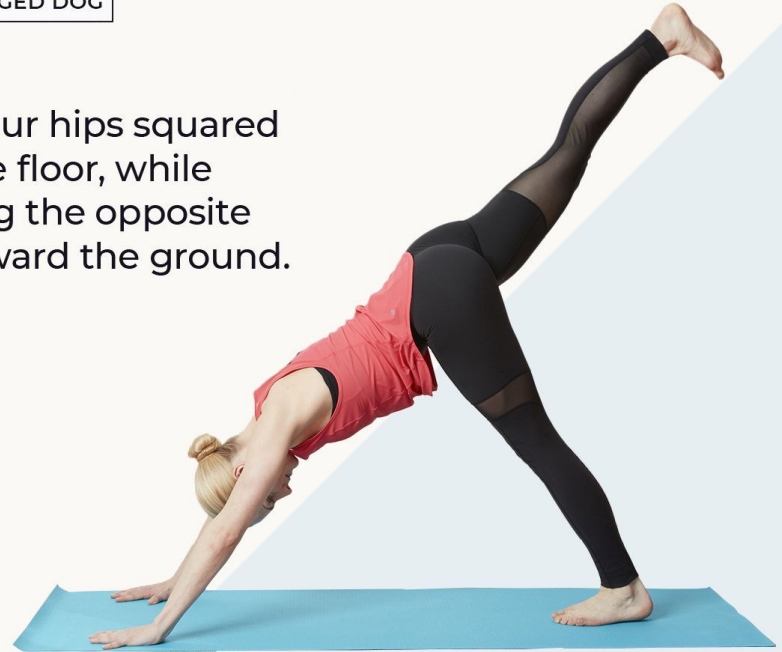
# Three Legged Dog

- Strengthens the arms
- Stretches the hamstrings and hip flexors

## THREE-LEGGED DOG

### TIP

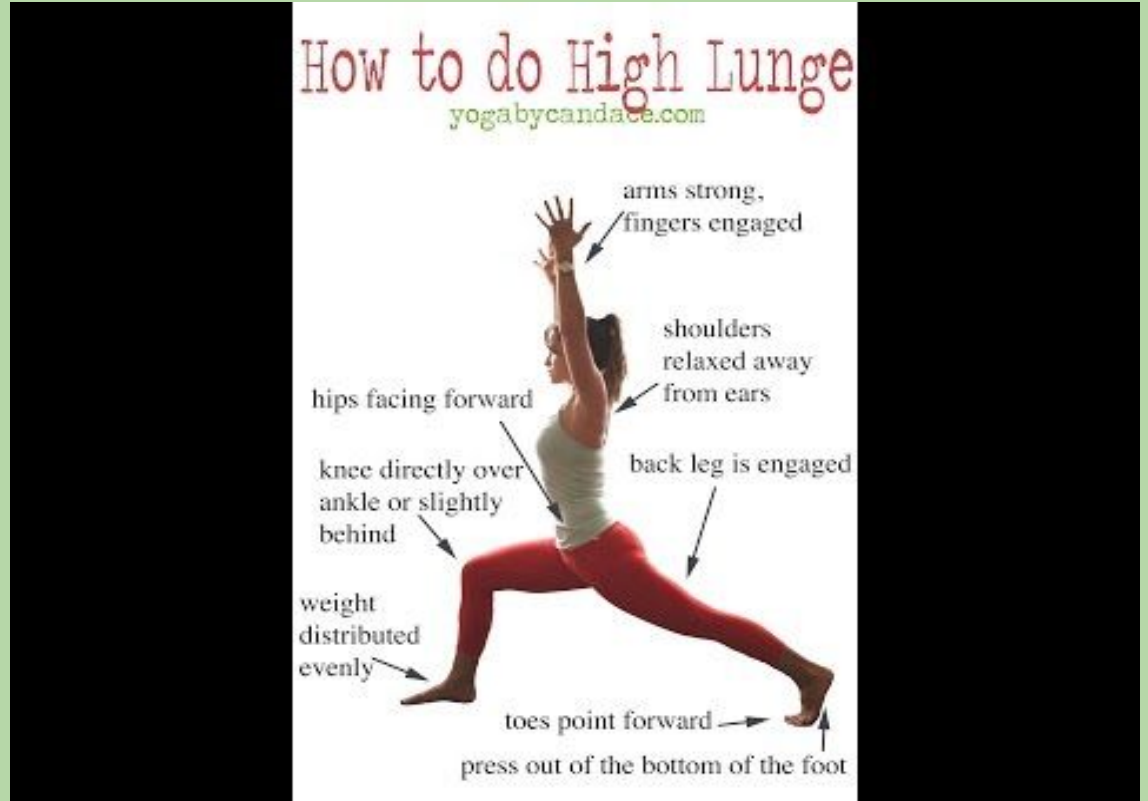
Keep your hips squared with the floor, while reaching the opposite heel toward the ground.



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# High Lunge

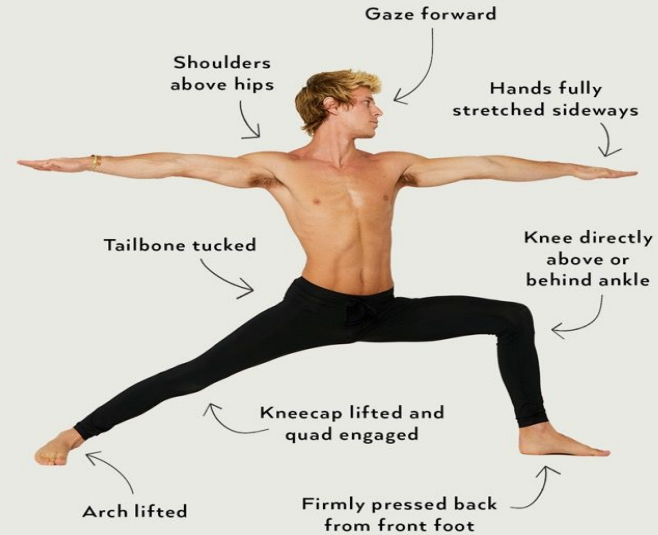
- Helps with mobility in the hip-flexors and the feet
- Strengthens the legs
- Improves balance and stability



# Warrior II

- Strengthens and stretches legs and ankles
- Stretches hips, groins, and shoulders

## How to **WARRIOR II** (VIRABHADRASANA II)



# Peaceful Warrior

- Tones and strengthens the core muscles
- Opens the hips
- Stretches the legs, groin, arms and shoulders
- Lengthens the spine





# Warrior III

- Strengthens the ankles and legs
- Strengthens the shoulders and muscles of the back
- Tones the abdomen
- Improves balance and posture



# Chair

- Tones leg muscles
- Strengthens hip flexors, ankles, calves, and back
- Stretches chest and shoulders

## AWKWARD CHAIR POSE

### TIP

Bend your knees until your thighs are almost parallel to the floor. Keep your shoulders down and away from your ears, your chest up, and your abs engaged.



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# Standing Fold

- Stretches the hamstrings, calves, and hips
- Strengthens the thighs and knees

## STANDING FORWARD BEND

### TIP

Engage your quads and avoid locking your knees as you let your head hang down.



# Chaturanga

- Strengthens arm, shoulder, and leg muscles
- Develops core stability
- Prepares body for inversions and arm balances

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## CHATURANGA DANDASANA

### TIP

Hug your elbows into your sides, making sure your upper arms are parallel to the floor.



# Upward Dog

- Strengthen the spine, arms and wrists
- Improve posture, by stretching anterior spine and strengthening posterior spine.
- Stretch chest and lungs, shoulders and abdomen.



# Downward-Facing Dog

**Do it:** to help relieve back pain

**Skip it:** if you have carpal tunnel syndrome or other wrist problems

**Modify:** you can do the pose with your elbows on the ground or you can use blocks under your hands

**Be Mindful:** Focus on distributing the weight evenly through your palms and lifting your hips up and back, away from your shoulders.

## DOWNWARD DOG

### TIP

Keep both toes pointed towards the front of your mat and sink your heels toward the floor.



# Put it all together and begin Your Workout!

- Hold each pose for 30 seconds
- Repeat the routine 4x

YOU

GOT

THIS!



The comeback  
is always  
stronger than  
the setback