



# HS Personal Fitness and Wellness

April 30, 2020



# HS Personal Fitness and Wellness

## Lesson: April 30, 2020

**Objective/Learning Target:** Students will participate in a 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: 1, 2, 3, CORE

## 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 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!!**

# CORE

Knee to Opposite  
Shoulder

Glute Bridge March



# CORE

## Basic Plank



## Reverse Plank



# CORE

Spiderman  
Planks



Beast Pose



# CORE

Bird Dog Right

Bird Dog Left



# CORE

Dead Bug



Superman





# CORE

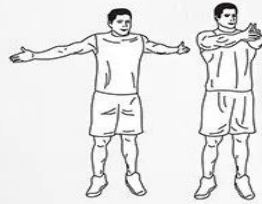
Right Leg Lifts

Left Leg Lifts

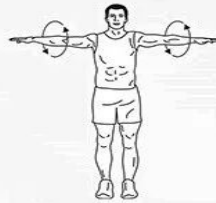


# Warm Up

## 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!

- 20 seconds on/ 10 seconds rest
- Repeat 3x

**YOU** 

**GOT** 

**THIS!** 

1) Knee to Opposite Shoulder	2) Glute Bridge March	3) Plank
4) Reverse Plank	5) Spiderman Planks	6) Beast Pose
7) Bird Dog Right	8) Bird Dog Left	9) Dead Bug
10) Superman	11) Right leg Lift	12) Left Leg Lift

# 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



BE STRONGER THAN YOUR STRONGEST  
excuse

IT'S FAR IT'S LATE • I'M OLD FOR THAT • IT'S HARD • I'M TIRED • IT'S COLD • I'M BUSY • I'M NOT STRONG •

