

Personal Fitness and Wellness

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HS Personal Fitness and Wellness

Lesson: April 6, 2020

LEARNING TARGET: Students will participate in an Interval workout, Tabata style. 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

Instruction:

- Exercises should be performed with 20 seconds on with a 10 second rest time.
- Consider YouTube to find Tabata music to count you through, if possible. You can also use a watch or stopwatch, or simply count seconds yourself.
- Refer to the slides with the exercises before you start your workout. Modifications can be made for certain exercises if needed.
- Make sure you Cool Down and Stretch when you are done.
- Make sure you Hydrate.

GOOD LUCK and DON'T FORGET TO BREATHE!!

Jumping Jacks



High Knees



High Knees

- Stay on the balls of your feet.
- Lift your knees high.
- Lean back a little if that helps with the knee lift.

Lift your knees high, but don't be too aggressive. Be mindful of your lower back.

Stay on the balls of your feet.

Squat

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SQUAT

TIP

Keep your head up, torso straight, and your core engaged as you squat, sending your hips back and down.



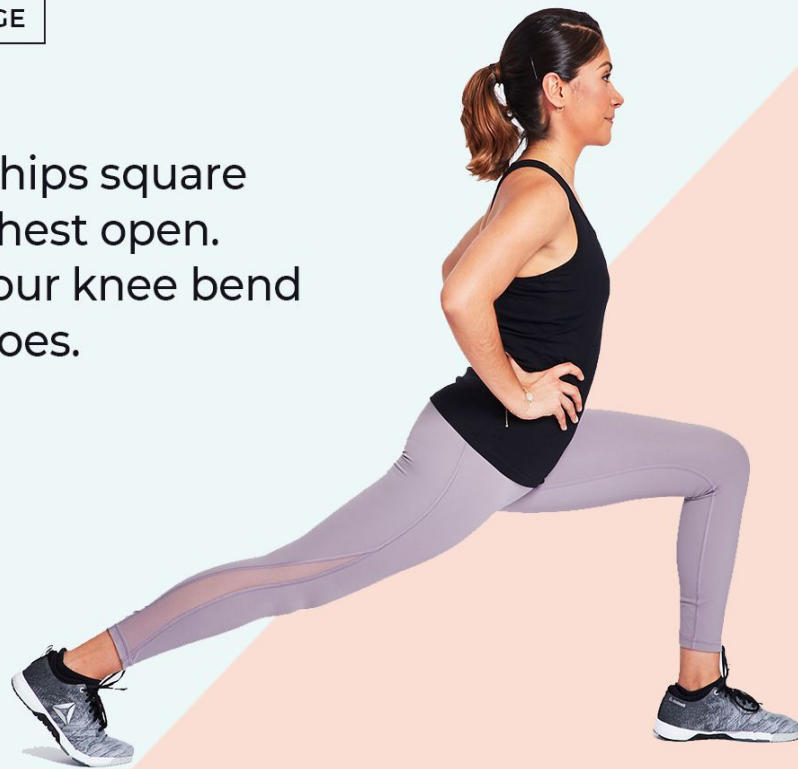
Lunge

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STANDING LUNGE

TIP

Keep your hips square and your chest open. Don't let your knee bend past your toes.



Push Up

Push Up

- ① Tight core and glutes, in line with head and ankles
- ② Chest touches ground
- ③ Hands beneath shoulders
- ④ Elbows above hands, close to body
- ⑤ Neutral gaze



Mountain Climbers

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MOUNTAIN CLIMBERS

TIP

Keep your core engaged and your back straight as you bring each knee forward.



Sit Up

THE SIT UP FORM

KEEP YOUR NECK STRAIGHT. DON'T PULL ON IT WITH HANDS.

LOOK STRAIGHT AHEAD. KEEP YOUR CHEST AND CHIN UP.

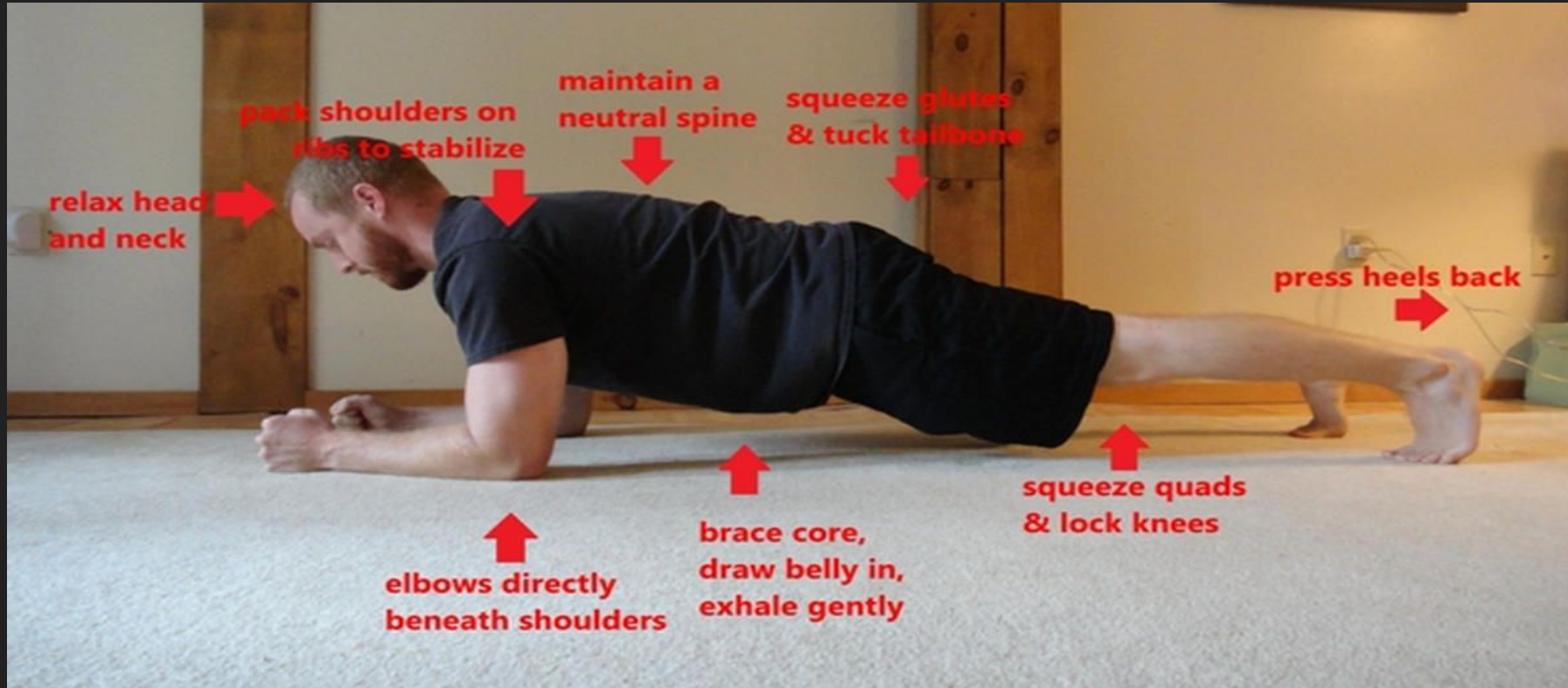
KEEP YOUR SPINE AND PELVIS ALIGNED. DON'T TILT YOURSELF FORWARD.

KEEP YOUR FEET ON THE FLOOR. DON'T ANCHOR THEM TO A COUCH.



MADBARZ

Plank



1 1) :20 Jumping Jacks
:10 Rest
:20 High Knees
:10 Rest

REPEAT THREE TIMES

2 2) :20 Squats
:10 Rest
:20 Forward Lunge
:10 Rest

REPEAT THREE TIMES

3 3) :20 Push Ups
:10 Rest
:20 Mountain Climbers
:10 Rest

REPEAT THREE TIMES

4 4) :20 Sit Ups
:10 Rest
:20 Elbow Plank
:10 Rest

REPEAT THREE TIMES