Personal Fitness and Wellness

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HS Personal Fitness and Wellness Lesson: April 7, 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:

- Cardiovascular Endurance
- 2. Muscular Strength
- Muscular Endurance
- 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!!

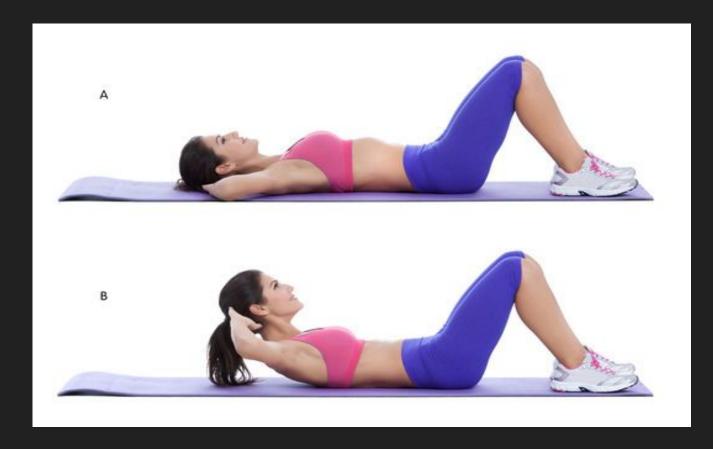
Butt Kicks



Reverse Lunge



Crunches



Side Plank

verywell

FOREARM SIDE PLANK

₩ TIP

Keep your head and spine neutral as you engage your core, lifting your hips and knees off the floor.



Sumo Squat



Side Lunge



Russian Twist

HOW TO DO RUSSIAN TWISTS



MOVE 1



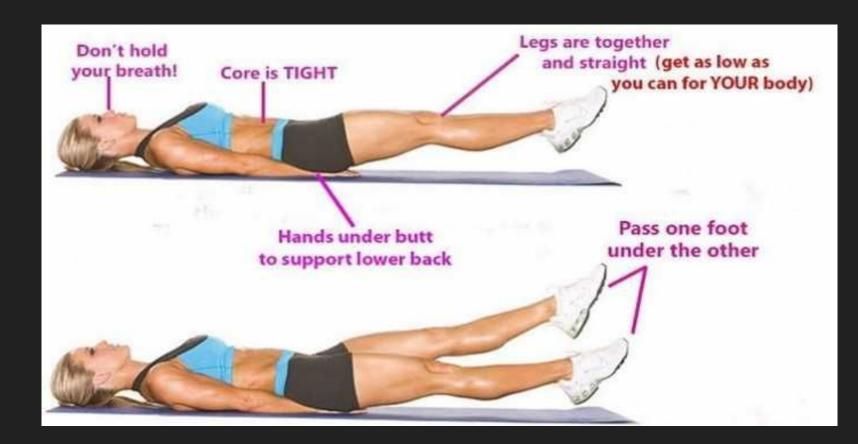
MOVE 2



MOVE 3



Flutter Kicks



1) :20 Butt Kicks :10 Rest :20 Reverse Lunge :10 Rest	2) :20 Crunches :10 Rest :20 Side Plank :10 Rest
REPEAT THREE TIMES	REPEAT THREE TIMES
3) :20 Sumo Squats :10 Rest :20 Side Lunges :10 Rest REPEAT THREE TIMES	4) :20 Russian Twists :10 Rest :20 Flutter Kicks :10 Rest REPEAT THREE TIMES