

HS Personal Fitness and Wellness

May 11, 2020



HS Personal Fitness and Wellness Lesson: May 11, 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. Modifications can be made if needed.
- Repeat as many times as possible within the time given.
- Be sure to Hydrate.



GOOD LUCK and DON'T FORGET TO BREATHE!!

Pre-Workout

SIMPLE SEATED WARM UP

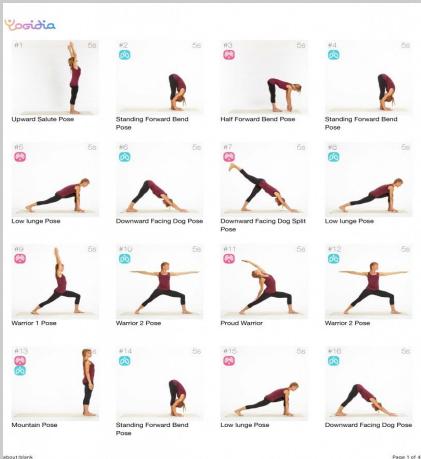
workout by GROUNDED PANDA "DO THIS SEQUENCE PRIOR TO ANY YORK ROUTINE TO WARM UPLGO AT YOU OWN PACE. **GO** EASY SEAT **69** CAT CRUNCH 6 LEG EXTENSION-BOTH SIDES CHILD'S POSE

LET'S GO!!

- 20 minute Yoga Workout
- Hold each pose for 40 seconds and take a 20 second break in between.
- Repeat series on other leg/side.

YOUGOT THIS!





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BELIEVE IN YOURSELF.