



# HS Personal Fitness and Wellness

May 11, 2020



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## 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 YOGA ROUTINE TO WARM UP! GO AT YOUR OWN PACE.

1 EASY SEAT



2 COW



3 CAT



4 COW



5 CAT CRUNCH



6 LEG EXTENSION - BOTH SIDES



7 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.

**YOU GOT THIS!**



Yogidia

#1 5s Upward Salute Pose	#2 5s Standing Forward Bend Pose	#3 5s Half Forward Bend Pose	#4 5s Standing Forward Bend Pose
#5 5s Low lunge Pose	#6 5s Downward Facing Dog Pose	#7 5s Downward Facing Dog Split Pose	#8 5s Low lunge Pose
#9 5s Warrior 1 Pose	#10 5s Warrior 2 Pose	#11 5s Proud Warrior	#12 5s Warrior 2 Pose
#13 5s Mountain Pose	#14 5s Standing Forward Bend Pose	#15 5s Low lunge Pose	#16 5s Downward Facing Dog Pose

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A square graphic with a red watercolor background. The text "BELIEVE IN YOURSELF." is centered in a bold, sans-serif font. The words "BELIEVE IN" are on the top line, and "YOURSELF." is on the bottom line. The letters "BE", "YO", and "SE" are white, while "LIEVE IN", "URSELF.", and the period are black.

**BELIEVE IN  
YOURSELF.**