



HS Personal Fitness and Wellness

May 12, 2020



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Lesson: May 12, 2020

Objective/Learning Target:

Students will participate in an AMRAP workout. Students will build on prior knowledge to guide their workout while improving their personal levels of the 5 Components of Fitness.

Let's Get Started!

Practice:

- Make sure to warm up before you start your workout.
- Feel free to use whatever music motivates you.
- You will need a watch or stopwatch or a device to keep track of time.
- Refer to the slides with the exercises before you start your workout.
- Modifications can be made for certain exercises if needed.
- Make sure to Hydrate.
- Make sure to Cool Down/Stretch when you are done.



GOOD LUCK and DON'T FORGET TO BREATHE!!

AMRAP = As Many Reps As Possible

- The main goal of an AMRAP workout is to do a set list of moves as many times as you can in a set amount of time.
- AMRAP workouts are great for tracking your fitness gains and seamlessly progressing your workouts as you get stronger.
- **NOTE-** If you're given a workout with a list of moves and rep counts for each, and told to do it AMRAP, then you'd do as many rounds as possible, while following the rep count for each move. If the workout gives you time intervals for each move, and tells you to do it AMRAP, then that means to do as many reps as you can in that time frame.
- **REMEMBER-** You should always listen to your body and stop and take a break when you really need it, and over time, you'll need less rest and you'll be able to keep the intensity up for longer.

Jumping Jacks



1
Feet together,
arms down



2
Jump up, pushing
feet and arms
outward



3
Arms touch
at top, legs
shoulder
width apart.
Repeat.

Push Ups



Bicycle Crunches



Squat

verywell

SQUAT

TIP

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



Leg Lifts



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.



Tricep Dips



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.

Warm Up

FOLLOW THIS WARM UP ROUTINE BEFORE EXERCISING



JOGGING



MARCHING



BACK-KICKING
EXERCISE



FRONT-KICKING
EXERCISE



HANDS-IN-THE-
AIR EXERCISE



FOOT-TOUCHING
EXERCISE



KNEE-BENDING
EXERCISE



ANKLE-HOLDING
STRETCH



ARM, LEG AND
TORSO STRETCH

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LET'S GO!!

- Keep track of your rounds.
- Compare your progress to the next AMRAP workouts during the upcoming week.

**YOU GOT
THIS!**



Full Body AMRAP Workout

AMRAP = as many rounds as possible

5 minutes

30 jumping jacks

10 push-ups

20 bicycle crunches

15 squats

REST 1 MINUTE

5 minutes

15 leg lifts

20 alternating lunges

15 tricep dips

30 high knees

REPEAT!!

simply**FUEL**
protein made easy

Cool Down/ Stretch

Stay Hydrated



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 • 2



Shoulders • 2



Chest



Quadriceps • 2



Calves • 2



Back



Hamstrings • 2



Lower Back • 2



Abdominals skip if you have back problems



BELIEVE
YOU CAN...
AND YOU ARE
HALFWAY THERE!

THEODORE ROOSEVELT

FASTER TO MASTER