



HS Personal Fitness and Wellness

May 13, 2020



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Lesson: May 13, 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



REPEAT 3 ROUNDS

4 COW



REPEAT 3 ROUNDS

5 CAT CRUNCH



6 LEG EXTENSION - BOTH SIDES



7 CHILD'S POSE



LET'S GO!!

- 30 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!



**“You have to believe
in yourself when
no one else does...”**

- SERENA WILLIAMS, TENNIS CHAMPION

Guideposts

