



HS Personal Fitness and Wellness

May 14, 2020

HS Personal Fitness and Wellness Lesson: May 14, 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.

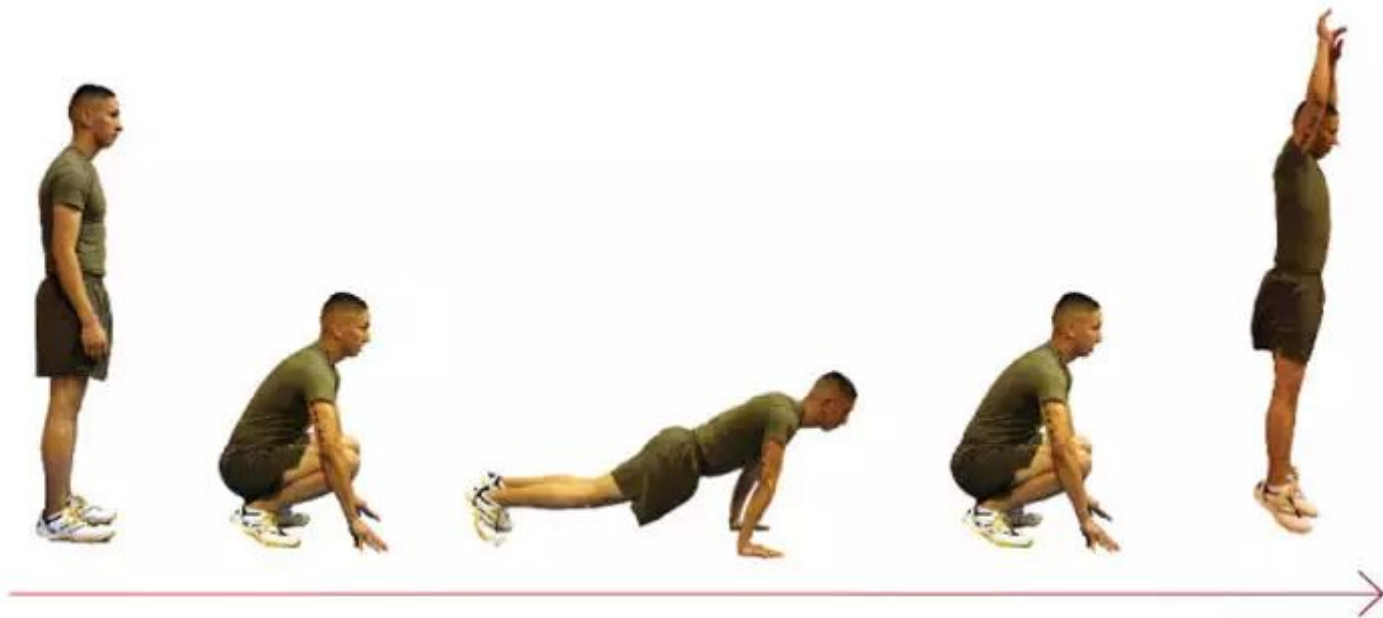


GOOD LUCK and DON'T FORGET TO BREATHE!!

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.

Burpees



Push Ups



Sit Ups

U



Squat

verywell

SQUAT

TIP

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



Plank



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

Top10
Home Remedies

To explore more, visit www.Top10HomeRemedies.com

LET'S GO!!

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

**YOU GOT
THIS!**



A
M
R
A
P
Workout

complete As Many Rounds as Possible in 20 minutes!

10 burpees
20 push ups
30 sit ups
40 squats
50 sec plank

www.sheswickedhealthy.com

Cool Down/ Stretch

Stay Hydrated



Yvan
Fitness

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



A photograph of Kobe Bryant in a yellow Los Angeles Lakers jersey, number 24. He is looking upwards and to the left, holding a basketball. The background is dark and out of focus.

**Great
things come
from hard
work and
perseverance.
No excuses.**

- Kobe Bryant

