



HS Personal Fitness and Wellness

May 18, 2020



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Lesson: May 18, 2020

Objective/Learning Target:

Students will build on prior knowledge to create their own HIIT (High-Intensity Interval Training) routine while improving their personal levels of the 5 Components of Fitness.

Let's Get Started!

Practice:

- Choose 3 exercises from the Upper Body and Lower Body, 2 exercises from Core, and 7 exercises from Cardio. Mix and match exercises so that a cardio exercise follows a strength exercise. Do each exercise for 40 seconds then rest for 20 seconds before moving to the next move. Repeat the routine up to 3 times for a complete body HIIT (High-Intensity Interval Training) workout.
- Refer to the slides with the exercises before you start your workout.
- Write your routine down so you can follow it in order.
- Feel free to use whatever music motivates you.
- Make sure you warm up before starting your routine.
- Be sure to Hydrate.
- Make sure you Cool Down/Stretch when you are done.

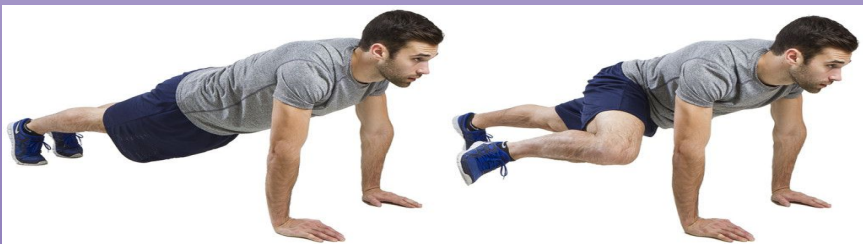
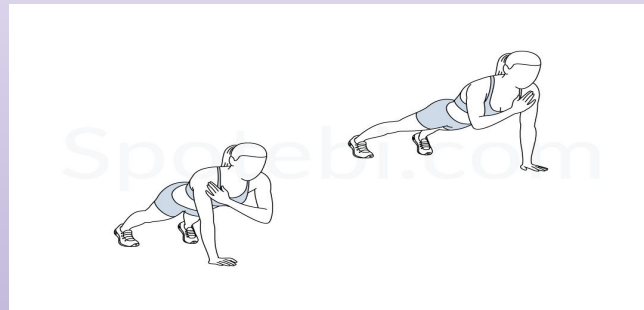
GOOD LUCK and DON'T FORGET TO BREATHE!!

Note:

- The name explains it all: HIIT means working as hard as possible (high intensity) for a short period of time (interval). Think about it as quality versus quantity.
- Remember to push yourself to improve, but also have patience – don't sacrifice proper form and risk injury for the sake of adding more repetitions or trying exercises that are too difficult.
- Complete one iteration of the entire routine, rest 1 minute, and then do the whole thing again. Work towards being able to do the whole routine 3 times through with as little rest as possible.

Choose 3 Upper Body Exercises

- 1) Push Ups
- 2) Tricep Dips
- 3) Plank Shoulder Taps
- 4) Outside Mountain Climbers
- 5) Up-Down Planks
- 6) Rocking Planks
- 7) Inch Worms



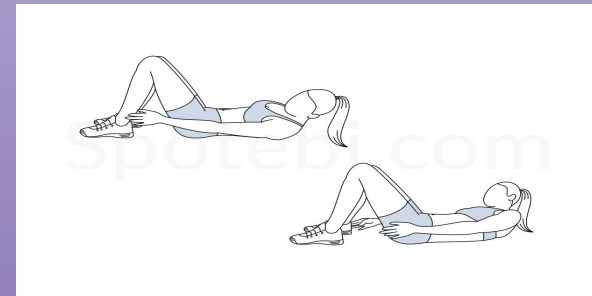
Choose 3 Lower Body Exercises

- 1) Sumo Squats
- 2) Donkey Kicks
- 3) Wall Sits
- 4) Glute Bridges
- 5) Alternating Lunges
- 6) Side Leg Raises
- 7) Squats



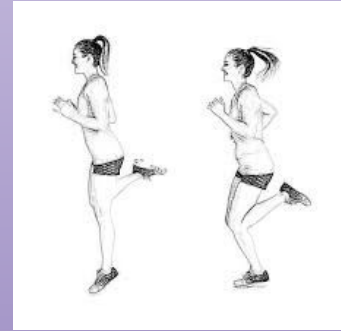
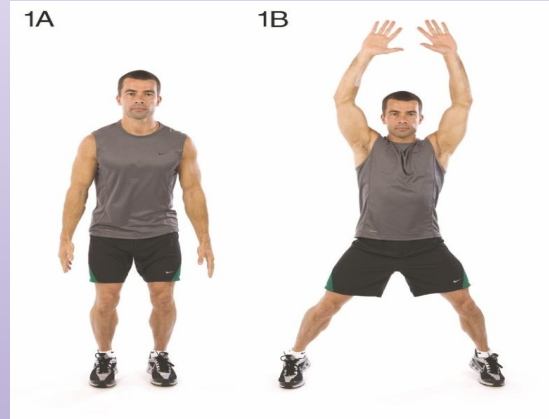
Choose 2 Core Exercises

- 1) Plank
- 2) Bicycle Crunches
- 3) Supermans
- 4) V- Ups
- 5) Russian Twists
- 6) Side Plank
- 7) Heel Touch



Choose 7 Cardio Exercises

- 1) Jumping Jacks
- 2) High Knees
- 3) Burpees
- 4) Mountain Climbers
- 5) Speed Skaters
- 6) Butt Kicks
- 7) Side to Side Jumps
- 8) Front to back Jumps
- 9) Jog in place
- 10) Scissor Runs



Warm Up

QUICK **warmup**

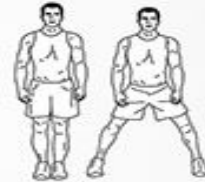
BY DAREBEE © darebee.com
Repeat each exercise for 20 seconds.



half jacks



chest expansions



half jacks



arm rotations



half jacks



torso rotations

Start Your Workout!



Cool Down/ Stretch

COOL DOWN AFTER WORKOUT



"Something I learned early is to not worry about what I can't control... But what I can control is my attitude, my effort, and my focus every single day"

- Tim Tebow

