



# HS Personal Fitness and Wellness

May 19, 2020



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## Lesson: May 19, 2020

### Objective/Learning Target:

Students will participate in an AMRAP workout. Students will compare progress from last week's same 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



# 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

verywell

## 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 today's progress with last week's same AMRAP workout.

**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



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







# NEVER GIVE UP

YOU ARE STRONGER THAN YOU THINK