



HS Personal Fitness and Wellness

May 1, 2020



HS Personal Fitness and Wellness

Lesson: May1, 2020

Objective/Learning Target: Students will participate in a full body circuit 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.
- Set a timer for 30 minutes and work your way through each exercise. When you reach the end of the workout, start again until the 30 minutes is over.
- Use whatever music motivates you.
- You will need a device to count you through.
- Modifications can be made for certain exercises if needed.
- Be sure to Hydrate.
- Make sure to Cool Down/Stretch when you are done.

GOOD LUCK and DON'T FORGET TO BREATHE!!

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

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LET'S GO!!

- WARM UP
- Set your 30 minute timer
- Start at the top of the list
- Once you reach the bottom of the list, start back at the top until the 30 minutes is over.
- STRETCH

BREATHE
You got this

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AT-HOME CIRCUIT WORKOUT

30 minutes is all you need to get a full body workout in at home, no equipment needed!

Set a timer for 30 minutes, start at the top, and work your way through each exercise. When you reach the bottom, start over until 30 minutes is up!

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- 25 Jumping Jacks**
 - 10 Air Squats**
 - 30-Second Planks**
 - 10 Crunches**
 - 25 High Knees**
 - 15 Air Squats**
 - 30-Second Plank**
 - 15 Crunches**
 - 25 Butt Kicks**
 - 20 Air Squats**
 - 30-Second Plank**
 - 20 Crunches**
 - 25 Lateral Bounds**
 - 25 Air Squats**
 - 30-Second Plank**
 - 15 Crunches**

Take a 1-minute rest and start over until the timer sounds!

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



A black and white photograph showing a hand holding a small, rectangular sign. The sign has a double-line border and contains the text "STAY FOCUSED" in a bold, sans-serif font. The background is a blurred, natural setting, possibly a field or forest. The lighting is soft, and the overall mood is calm and motivational.

STAY
FOCUSED