



# **HS Personal Fitness and Wellness**

**May 22, 2020**



# HS Personal Fitness and Wellness

## Lesson: May 22, 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



4 COW



5 CAT CRUNCH



6 LEG EXTENSION - BOTH SIDES



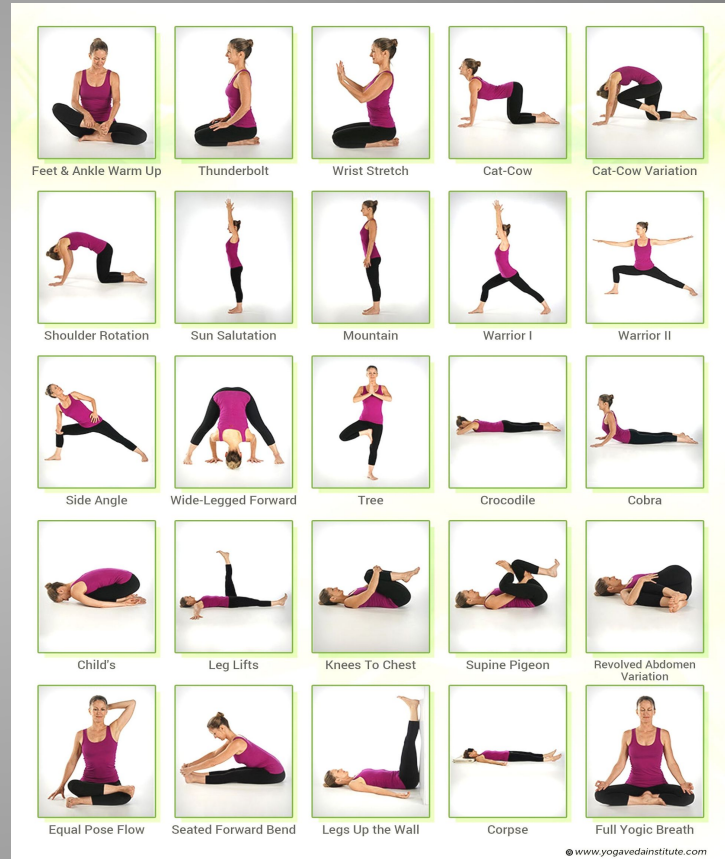
7 CHILD'S POSE

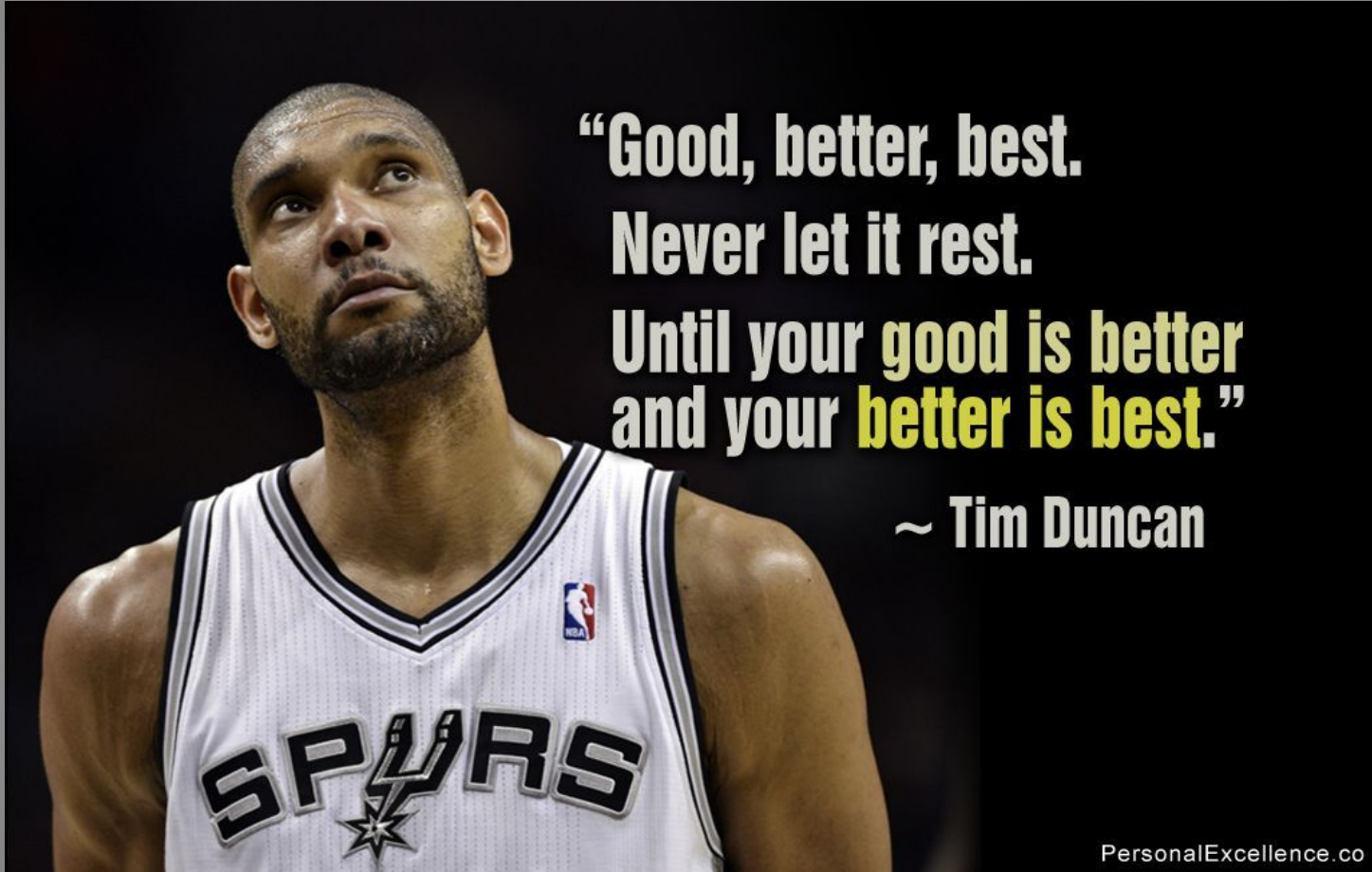


# LET'S GO!!

- 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!**





**“Good, better, best.  
Never let it rest.  
Until your good is better  
and your better is best.”**

**~ Tim Duncan**