



HS Personal Fitness and Wellness

May 4, 2020



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Lesson: May 4, 2020

Objective/Learning Target:

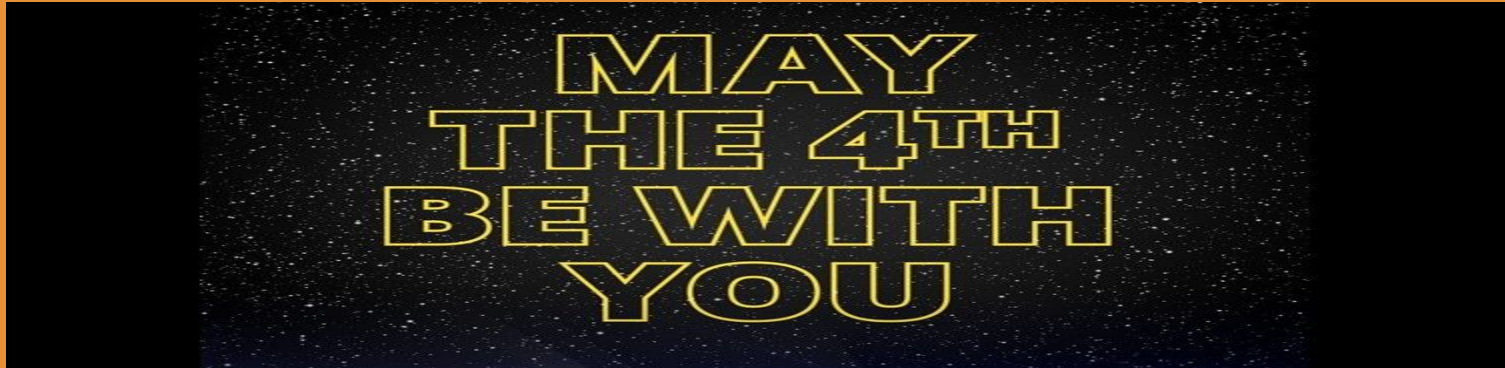
Students will participate in an Interval workout, Tabata style. Students will build on prior knowledge to guide their workout while improving their personal levels of the 5 Components of Fitness.

Let's Get Started!

Practice:

- Make sure to warm up before you start your workout.
- Consider YouTube to find Tabata music to count you through, if possible.
- You can also use a watch or stopwatch.
- 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!!



Jumping Jacks



Squat

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SQUAT

TIP

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



Lunge

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STANDING LUNGE

TIP

Keep your hips square
and your chest open.
Don't let your knee bend
past your toes.



High Knees



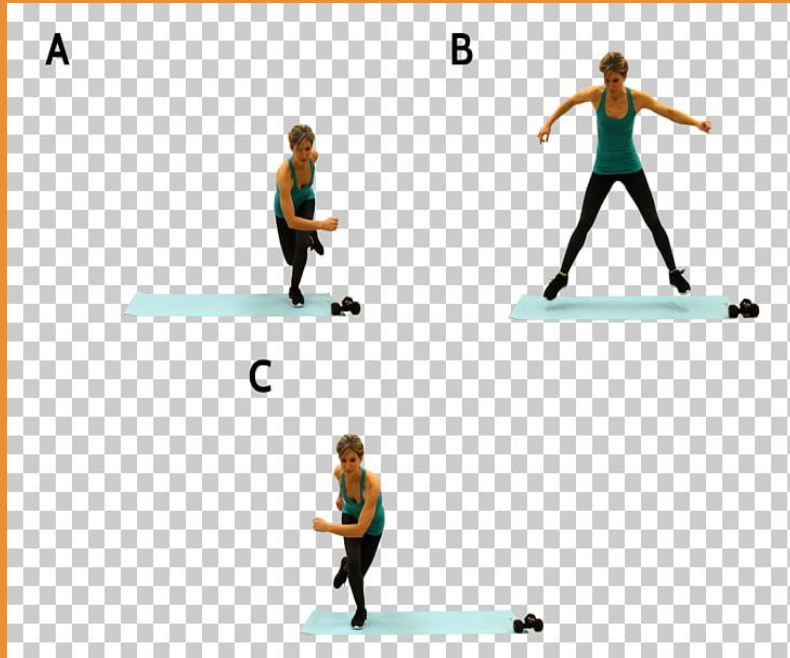
High Knees

- 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.

Ice Skaters



Reverse Lunge



Floor Touch Jumps



Mountain Climbers

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MOUNTAIN CLIMBERS

TIP

Keep your core engaged and your back straight as you bring each knee forward.



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!

1) :20 Jumping Jacks
:10 Rest
:20 Squats
:10 Rest

REPEAT THREE TIMES

2) :20 High Knees
:10 Rest
:20 Forward Lunge Alternate Legs
:10 Rest

REPEAT THREE TIMES

3) :20 Ice Skaters
:10 Rest
:20 Reverse Lunge Alternate Legs
:10 Rest

REPEAT THREE TIMES

4) :20 Floor Touch Jumps
:10 Rest
:20 Mountain Climbers
:10 Rest

REPEAT THREE TIMES

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





BE THE BEST
version of you