



# HS Personal Fitness and Wellness

Cinco De Mayo, 2020



# HS Personal Fitness and Wellness

## Lesson: May 5, 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.
- For each exercise complete 20 seconds MAX EFFORT work followed by 10 seconds rest.
- 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!!



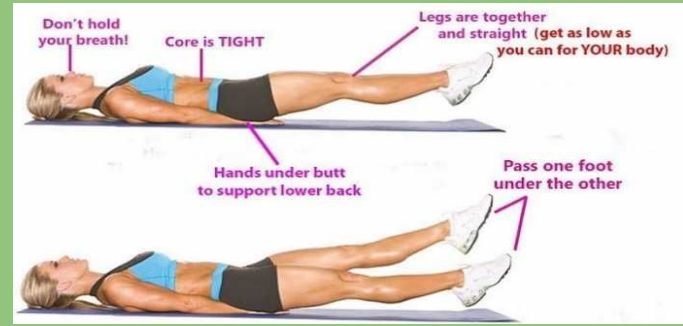
Burpees

Bicycle Crunches

Broad Jumps

Flutter Kicks

Jumping Lunges



Butt Kicks

Russian Twists

Shoulder Tap  
Plank



# 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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1) :20 Bicycle Crunches  
:10 Rest  
:20 Burpees  
:10 Rest

REPEAT FOUR TIMES  
Rest 1 Minute

2) :20 Russian Twists  
:10 Rest  
:20 Butt Kicks  
:10 Rest

REPEAT FOUR TIMES  
Rest 1 Minute

3) :20 Shoulder Tap Plank  
:10 Rest  
:20 Jumping Lunges  
:10 Rest

REPEAT FOUR TIMES  
Rest 1 Minute

4) :20 Flutter Kicks  
:10 Rest  
:20 Broad Jumps<sub>(fast feet back)</sub>  
:10 Rest

REPEAT FOUR TIMES  
Rest 1 Minute

# 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 x 2



Shoulders x 2



Chest



Quadriceps x 2



Calves x 2



Back



Hamstrings x 2



Lower Back x 2



Abdominals skip if you have back problems





**“IF IT DOESN'T CHALLENGE YOU,  
IT WON'T CHANGE YOU.”**

**– FRED DEVITO**

