



# HS Personal Fitness and Wellness

May 6, 2020



# HS Personal Fitness and Wellness

## Lesson: May 6, 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!!

- No mat? No problem. Carpet or a stable rug is fine.
- Hold each pose for 40 seconds and take a 20 second break in between. Switch sides if noted.

**YOU GOT THIS!**



# 20 minute Full Body Yoga Workout

Grab a yoga mat & get ready to get long and lean! This workout helps build muscle strength and increase flexibility. Our yoga routine will also help to reduce your stress levels.

Hold each move for 40 seconds & take a 20 second break in between. Switch sides if noted.  
Tone your entire body by doing this at least 3 times per week.

<b>1</b> Forward Bend 	<b>2</b> Chair Pose 	<b>3</b> Downward Facing Dog 	<b>4</b> Dolphin Pose 	<b>5</b> One Leg Downward Facing Dog (L) 
<b>6</b> One Leg Downward Facing Dog (R) 	<b>7</b> Camel Pose 	<b>8</b> Cobra Pose 	<b>9</b> Upward Facing Dog 	<b>10</b> Forearm Plank 
<b>11</b> Side Forearm Plank (L) 	<b>12</b> Side Forearm Plank (R) 	<b>13</b> Bridge Pose 	<b>14</b> Warrior I 	<b>15</b> Warrior II 
<b>16</b> Warrior III 	<b>17</b> Triangle Pose 	<b>18</b> Tabletop 	<b>19</b> Child's Pose 	<b>20</b> Corpse Pose 

**FOCUS ON THE JOURNEY,  
NOT THE DESTINATION.  
JOY IS FOUND  
NOT IN FINISHING AN  
ACTIVITY BUT IN DOING IT.**

**GREG ANDERSON**

