



# HS Personal Fitness and Wellness

May 7, 2020



# HS Personal Fitness and Wellness

## Lesson: May 7, 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!!

Elbow Plank

Side Plank

Leg Lift Plank

Reverse Plank



# Burpees

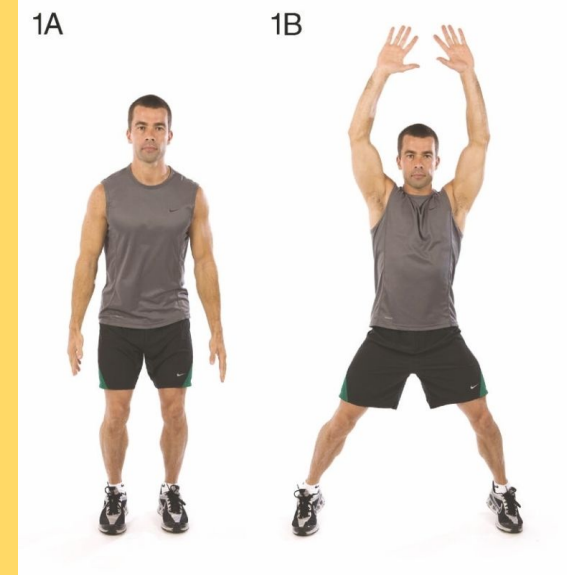


# Line Hops(front to back)

# Line Hops (front to back)



# Jumping Jacks



# 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

To explore more, visit [www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)

1) :20 Regular Elbow Plank  
:10 Rest  
:20 Burpees  
:10 Rest

REPEAT FOUR TIMES  
Rest 1 Minute

2) :20 Side Plank (Alternate sides)  
:10 Rest  
:20 Line Hops (front to back)  
:10 Rest

REPEAT FOUR TIMES  
Rest 1 Minute

3) :20 Leg Lift Plank  
:10 Rest  
:20 Line Hops (side to side)  
:10 Rest

REPEAT FOUR TIMES  
Rest 1 Minute

4) :20 Reverse Plank  
:10 Rest  
:20 Jumping Jacks  
: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







“THE MOMENT YOU  
GIVE UP, IS THE  
MOMENT YOU LET  
SOMEONE ELSE WIN.”

*Kobe Bryant*

Aleteia