



HS Personal Fitness and Wellness

May 8, 2020



HS Personal Fitness and Wellness

Lesson: May 8, 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



REPEAT 3
ROUNDS

3 CAT



4 COW



REPEAT 3
ROUNDS

5 CAT CRUNCH



6 LEG EXTENSION - BOTH SIDES



7 CHILD'S POSE



LET'S GO!!

- Hold each pose for 40 seconds and take a 20 second break in between.
- Repeat as many times possible within the time given.

YOU GOT THIS!



20-MINUTE YOGA WORKOUT FOR FLEXIBILITY

1  Upward Facing Dog

2  Downward Facing Dog

3  Revolved Chair *AVOCADU*

4  Standing Half Forward Bend

5  Camel

6  Head-to-Knee Forward Bend

7  Triangle

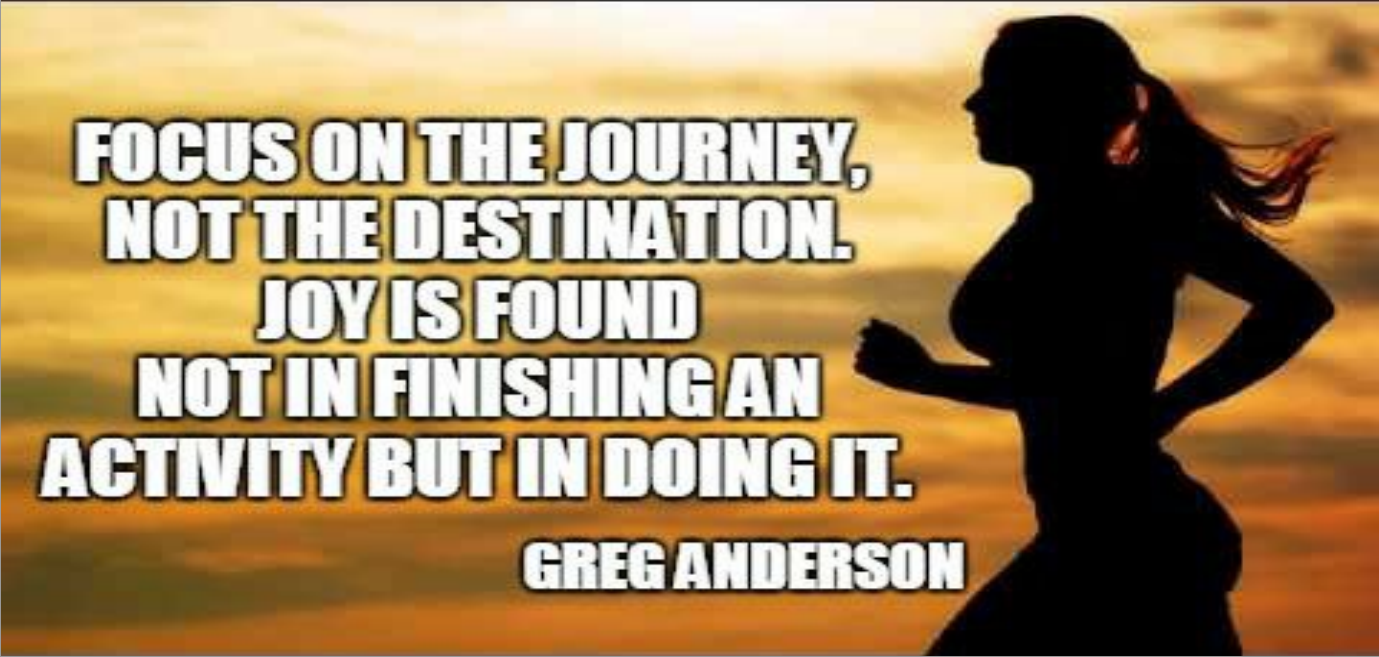
8  Pigeon

9  Standing Back Bend

10  Warrior I

11  Reverse Plank

12  Forward Bend

A silhouette of a woman running is positioned on the right side of the image, set against a warm, golden sunset background. The woman is captured in profile, moving from left to right, with her hair flowing behind her. The overall scene conveys a sense of motion and achievement.

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

GREG ANDERSON