



UNIFIED PE

MP2

Day 4: HIT – High Intensity Interval Training

Agenda

What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up: 6-minute Pre-HIIT warm-up
- Activity: 100% Workout
- Cool Down: 5-minute At Home Cool Down Stretches

What's due?

- Exit Ticket – available in announcements & live lesson materials module

A close-up photograph of a wooden Scrabble board. A row of seven light-colored wooden tiles is placed in a wooden rack, spelling out the word 'FITNESS' in black capital letters. Each tile has a small number in the bottom right corner: F (1), I (1), T (1), N (1), E (1), S (1), and S (1). Several other Scrabble tiles are scattered on the wooden surface around the rack, including tiles with letters P, S, E, H, A, D, and Z, each with their respective point values. The background is a warm, brown wooden surface.

Learning Goal

I can continue to develop my personal fitness while at home



Vocabulary: HIIT

A form of exercise characterized by a series of short bouts of vigorous exercise followed by brief periods of rest or moderate exercise

What is HIIT??

HIGH
INTENSITY
INTERVAL
TRAINING

Warm-up: 6-minute Pre-HIIT warm-up

- **Directions:** Follow along and mimic exercises presented in video
- **Exercises:**
 - Walk-outs (inchworms)
 - Knee to chest → lunge (alternating)
 - Alternating windmill toe touches
 - Downward dog → walk heels to the ground → hip opener stretch
 - Modified child's pose → cobra
 - Plank twists
 - Samson stretch
 - Torso twists
 - Squat twists

6-minute warm-up before HIIT session



100%

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec shoulder taps



20sec high knees



20sec shoulder taps



20sec plank hold



20sec shoulder taps



20sec high knees



20sec shoulder taps



20sec high knees

Activity: 100% Workout

Exercises:

- 20 sec. high knees
- 20 sec. shoulder taps
- 20 sec. high knees
- 20 sec. shoulder taps
- 20 sec. plank hold
- 20 sec. shoulder taps
- 20 sec. high knees
- 20 sec. shoulder taps
- 20 sec. high knees

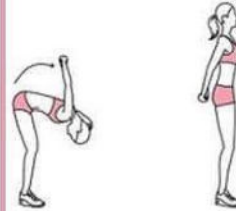
5 minute – At Home Cool Down Stretches

standing forward bend



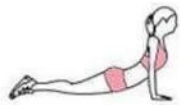
20 sec

biceps stretch



20 sec

ab stretch



20 sec

cat back stretch



20 sec + 20 sec

butterfly stretch



20 sec

hamstring stretch



20 sec + 20 sec

lower back stretch



20 sec

quad stretch



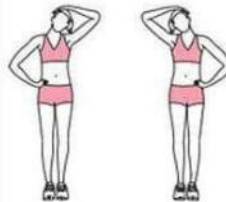
20 sec + 20 sec

calf stretch



20 sec + 20 sec

neck stretch



20 sec + 20 sec

Cool Down: 5-minute At Home Cool Down Stretches

Exercises:

- Standing forward bend – 20 sec.
- Biceps stretch – 20 sec.
- Ab stretch – 20 sec.
- Cat-Cow – 20 sec. each
- Butterfly stretch – 20 sec.
- Hamstring stretch – 20 sec. each
- Lower back stretch – 20 sec.
- Quad stretch – 20 sec. each
- Calf stretch – 20 sec. each
- Neck stretch – 20 sec. each