

Day 11: Protein





Agenda

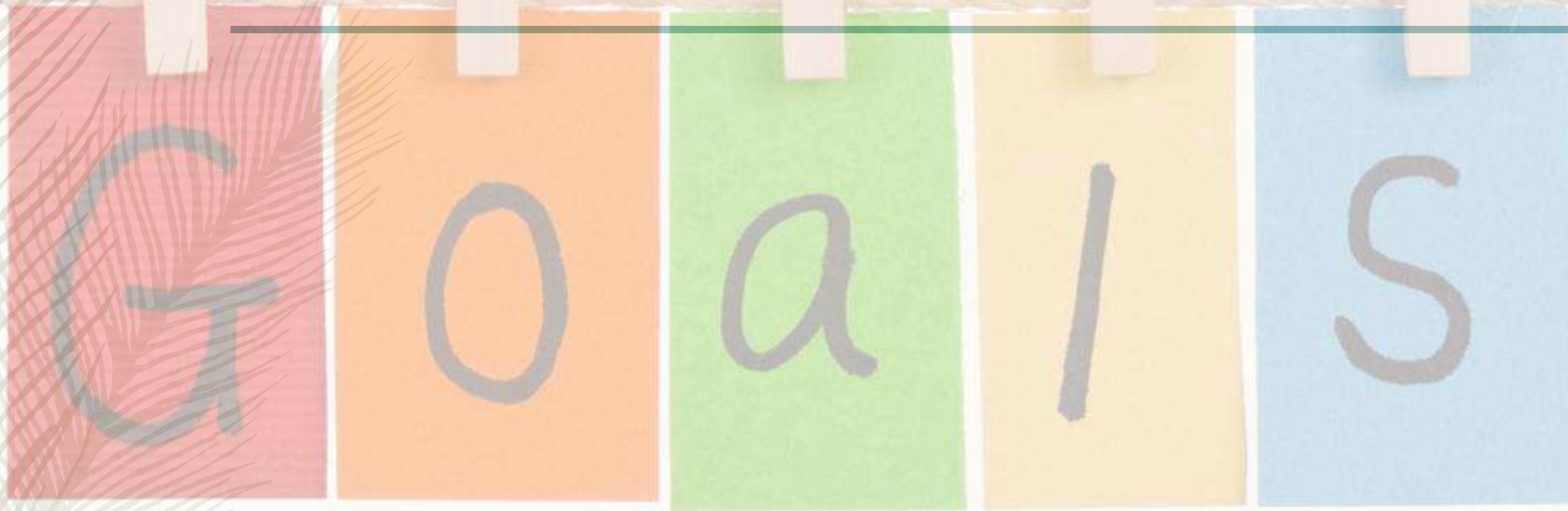
What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up: Hero
- Activity: Deck of Cards Workout
- Cool Down: Quick Yoga Cool Down and Stretch

What's Due?

- Nothing new! 😊

Learning



- I can work hard at home to improve my physical fitness
- I can use what I've learned about nutrition to improve my diet



Vocabulary

- **Definition:** essential nutrient found throughout the body – in muscle, bone, skin, hair and virtually every other body part or tissue
 - Makes enzymes that power many chemical reactions and the hemoglobin that carries oxygen in your blood
 - At least 10,000 different proteins make you what you are and keep you that way
 - Made of 20+ basic building blocks called amino acids
- [Why do our bodies need protein?](#)

HERO

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 squats



10-count squat hold



10 calf raises



5 push-ups



10-count plank hold



10 plank rotations



10 lunges



5 plank walk-outs



10 shoulder taps

Warm-up: Hero

2 sets of the following exercises:

- 10 squats
- 10 second squat hold
- 10 calf raises
- 5 push-ups
- 10 second plank hold
- 10 plank rotations
- 10 lunges
- 5 plank walk outs
- 10 shoulder taps



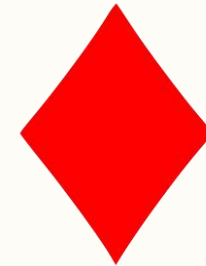
Activity: Deck of Cards Workout

Directions:

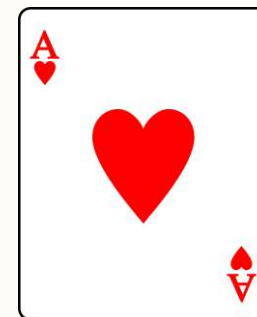
- Shuffle a deck of cards or use this website: [Deck of Cards](#)
- Flip the first card – do the exercise that corresponds with the symbol
- The **number** on the card is the number of repetitions you do
- All face cards – 20 seconds of cardio
- Can be done for time or until you go through entire deck
- Limit rest to 10 seconds between exercises



BODY WEIGHT SQUAT



ALTERNATING SHOULDER TAP



Cool Down: Quick Yoga Cool Down and Stretch

- Directions: Follow along with the video and copy the stretches/yoga poses the instructor is doing
- Quick Yoga Cool Down and Stretch

