

Beach Bodies

Fitness Unit

Goals of class:

To give students the opportunity to explore multiple different ways of staying fit throughout their lives. Teach them different types of exercises to help them achieve whatever results in fitness that they would like to achieve.

Guidelines:

1. Warm up muscles for a minimum of 3-5 minutes prior to exercising Start with a light jog, jumping jacks or some other form of cardio exercise to get the blood flowing and to increase heart rate
2. Follow with some ballistic and static stretches to get the muscles ready for weight training
3. Perform 12-15 repetitions of each exercise and adhere to specific exercise techniques *Perform 2-3 sets of each exercise taking a short break in between each set Perform exercises in a controlled manner and maintain a normal breathing pattern.
4. Cool down once finished weight training 3-5 minutes of ballistic and static stretches

Safety:

1. Always do some form of warm up and cool down each time you train.
2. Do not attempt to lift more than you are capable.
3. Start with lighter weights when learning proper exercise techniques.
4. Keep adequate distance between lifter and the equipment.
5. Only increase weight once 12-15 repetitions become easy (progression).
6. **Avoid dropping weights on the floor.**
7. **Report any injuries to the instructor immediately.**
8. **Absolutely no horseplay before, during or after weight training session.**

Types of exercise:

Aerobic (Cardio)– Exercise that works the heart for a period of 30 minutes or more, where the heart rate is elevated between 180 – 220 beats per minute.

Examples: Running, swimming, kickboxing, fast walking, and cycling.

Anaerobic - Exercise that consists of short quick burst of energy expenditure which relies on great amounts of oxygen, power and quickness. Short work interval followed by more or equal rest time.

Examples: Weight training, circuit training, football, and Track and Field

Combination: Some exercises and sports require both Aerobic and anaerobic.

Examples: Soccer, water polo, Tennis, and

Types of fitness we will be doing in class:

Circuit training	Yoga
Kick Boxing	Plyometrics
Interval training	Exercise band training

F.I.T.T. ACTIVITY CHART

	BEGINNER ZONE FOR EXERCISE	MODERATE TO ADVANCED
Frequency	3 days / week	3 – 6 days / week
Intensity	50%-60% MaxHR	60 – 85% MaxHR
Time	20 continuous minutes	20 – 60 continuous minutes

Heart rate equation:

$220 - (\text{age}) = \text{Max heart rate}$

Example: $220 - 13 \text{ years old} = 217 \text{ (Max heart rate)}$

- Heart rate zone 1: 50–60% of HR max. Very light
- Heart rate zone 2: 60–70% of HR max. Light
- Heart rate zone 3: 70–80% of HR max. Moderate
- Heart rate zone 4: 80–90% of HR max. Hard
- Heart rate zone 5: 90–100% of HR max. Maximum