



Yoga/Pilates

History

Yoga used in physical education class is a set of mental and physical exercises. It is a part of the Hindu religion. Many people in the Western countries are of the belief that yoga exercises will improve their health and help achieve peace of mind. It is used as a method to relieve stress through meditation and exercise.

Rules and Information

The goal of Hatha Yoga is to have a peaceful, clear mind in a healthy body. Hatha Yoga is the aspect of Yoga which approaches this goal through the physical side of the individual. For our purpose (relaxation, stress reduction) Hatha Yoga will consist of the following components.

- **ASANAS** – body postures and stretches
 - Works mainly the spine and nerve openings to help it stay “healthy”
 - Promotes maximum blood circulation to the spine and organs
- **PRANAYAMA** – breathing techniques
 - Helps the body to “slow down” and work more efficiently
 - Supplies maximum oxygen to the entire body
- **KRIYAS** – dietary issues
 - Learning to eat properly to fuel the body
 - Learning what foods promote health and vigor
- **DEEP RELAXATION** – slowing down the mind, breathing and blood pressure
 - Promotes natural state of health and ease
 - Learn the proper way to relax and maximize rest

By learning proper relaxation techniques, you can teach your body to be more at ease and peaceful. Maximizing your rest and teaching your body to slow down at the appropriate times will benefit you physically and mentally. You will have more energy and be more focused throughout your day. You will also feel more relaxed, poised and centered.

Keys to successful Yoga in Class:

1. Enter your class with an OPEN MIND – try it and judge AFTER we are done.
2. Dress appropriately – comfortable clothing with socks and a towel every day.
3. Actively Participate – Give it a try!!
4. Respect the Teacher, your Classmates and the Subject we are practicing!!

Benefits:

1. Lifetime Activity
2. Improves energy and flexibility
3. Stress management technique
4. Toning and shaping
5. Helps maintain wellness

Fun Fact

The average resting heart rate for a person is 60-80bpm.
The average resting heart rate for a canary is 500-800bpm
The average resting heart rate for an elephant is 25-50bpm

Pilates, Yoga, Circuit Training Study Guide

Benefits of Pilates and Yoga exercise:

1. Increased Muscular Strength
2. Increased Flexibility
3. Better Breathing Patterns

Pilates:

7 Basic Exercises:

1. One hundred
2. Roll-up
3. Single leg circles
4. Rolling like a ball
5. Single leg stretch
6. Double leg stretch
7. Spine stretch forward

Yoga:

Triangle/Warrior II Vinyasa:

12 poses

4 Main Poses:



1. Mountain Pose



2. The Triangle



3. Warrior II



4. Yoga Mudra

Sun Salutation:

12 poses:



1. Mountain



2. Hands Up



3. Head to knees



4. Lunge



5. Plank



6. Stick



7. Upward dog



8. Downward dog



9. Lunge



10. Head to knees



11. Hands up



12. Mountain

5 components of fitness:

1. Muscular Strength
2. Muscular Endurance
3. Cardiorespiratory Fitness (Aerobic Endurance)
4. Body Composition
5. Flexibility

Circuit Training:

1. Alternating Lunges on Bosu Ball: Hamstrings, Lower back and Abs
2. Oblique twists with medicine ball, backside with partner: obliques, biceps and triceps
3. Push-ups on ball: pectorals, triceps and deltoids
4. Jump Rope: Cardiorespiratory Fitness
5. Crunches on ball: Abs
6. Lower back on ball: lower back
7. Crunches with partner on mat: abs
8. Bicep curls using exercise bands: biceps
9. Ladders: Cardiorespiratory
10. Full body crunches using ball on mat: Abs

11. Walk outs on ball: abs, lower back
12. Jumping over step: Cardiorespiratory
13. Squats catching/holding medicine ball on bosu ball: glutes, quads, hamstrings, abs, biceps, triceps
14. 3 cones (Agility): Balance and Abs
15. Push-ups extend to side on mat: Pectorials, triceps, deltoids and abs
16. Lateral raises, Front raises, Overhead should presses using dumbbells: Biceps, Triceps and Deltoids
17. Jump squats on mat: Muscular Strength and Cardiorespiratory Fitness
18. Ab roller: abs, lower back
19. Kayaking on bosu ball while twisting with obliques:
20. Circles in front of body using free weight: Biceps, Triceps, Abs, Deltoids
21. Ciecles overhead using free weight: Deltoids, Back, Biceps and Triceps
22. Lunges with twisting arms to side: Hamstrings, Lower back, Abs and Obliques
23. Mountain Climbers: Abs
24. Plank: Abs
25. Stick: Abs