

Quarter 4 Rock Climbing and Bodysculpt

Cardiovascular Fitness– the ability of the heart, blood vessels, and lungs to supply oxygen to the working muscles.

Benefits of good Cardiovascular Fitness:

- Stronger and **more efficient heart**
- **Lower heart rate** at rest, during exercise, and recovery
- **Lower blood pressure** at rest, during exercise, and recovery
- **lower cholesterol** (lower total, raise HDL)
- **Improved body composition**, burn fat
- Improved **ability to perform work**, faster recovery
- Maintenance of a **healthy heart** and cardiovascular system
- Reduced risk of health related issues (e.g. diabetes, heart disease, etc.)

Cardiovascular Fitness Guidelines:

Frequency – How often should you do CV exercise?

- 3 to 5 times per week

Intensity – How hard (vigorous/intense) should CV exercise be?

- **Teacher: teach how to find max heart rate to figure our ranges**
- Should be moderate to vigorous physical activity.
- Brisk walking is moderate. 60% of max heart rate
- Jogging and running is vigorous 80% or higher of max heart rate

Time (duration) – How long should CV workouts last?

- Minimum of 2 hours and 30 minutes (150 minutes) weekly of Moderate or...
- 1 hour and 15 minutes (75 minutes) weekly of vigorous

Progression – a gradual increase of frequency, intensity, and time

- as fitness level improves, increase intensity or time.

Benefits of good Flexibility:


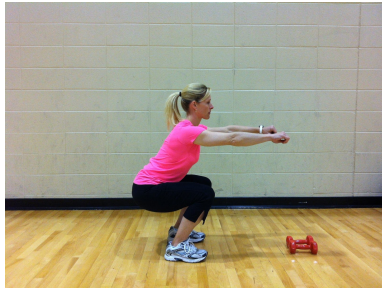

- Improves physical and athletic performance
- Decreases the frequency and severity of injuries
- Decreases muscle soreness and recovery time
- Joint health – insures long term benefits of mobility
- Improves posture and prevents low back pain and injuries
- Relaxation and stress management

Flexibility Training Guidelines:

- Use a variety of stretching modes such as dynamic, static, or a functional warm up
 - **Static stretching** - A stretch is held in a challenging but comfortable position for a period of time, usually somewhere between 10 to 30 seconds. Static stretching is the most common form of stretching found in general fitness and is considered safe and effective for improving overall flexibility.

- **Dynamic Stretching** - Active movements of muscle that bring forth a stretch but are not held in the end position.
- **Functional/Dynamic warm up** - a series of sport specific movements that are designed to prepare the muscles for performance and are done in a safe and controlled fashion.
Dynamic stretching used but also movements to increase heart rate and increase blood flow which, in turn, warms up the muscles.
- Perform at least one major stretch for each major muscle group of the body
- Stretch to the point of mild discomfort, not pain
- Stretch both sides of the body and opposing muscle groups. Balance.
- Stretch the target muscle groups in different planes to improve overall range of motion at the joint
- Increase intensity and duration gradually over time. Stretching + time = improved flexibility
- Stretching after warm ups and /or workouts is more effective for increasing flexibility.

Proper form for exercises

<p>Exercise: Plank Muscles used: Full body Proper form for a plank:</p> <ul style="list-style-type: none"> • Shoulders lined up with elbows and wrists • Pelvis lined up (no butts in air) • Head in neutral spine position(not looking up or ahead) • Do not put head down (keep in neutral) 	
<p>Exercise: Squat Muscles used: Quadriceps Proper form for a squat:</p> <ul style="list-style-type: none"> • Feet Shoulder width apart • Chest Up • Weight on heels (toes can be lifted) • Thighs parallel 	
<p>Exercise: Lunge Muscles used: Quads, hamstrings, and glutes Proper form for a lunge:</p> <ul style="list-style-type: none"> • Back knee lowers to one inch off ground • Wide stance • Front knee in line with ankle • Front knee behind toes 	

Yoga poses



MARTIN SCODUTO

Downward Dog



Warrior One



Warrior Two



@JOHN KOBENIE

Warrior Three



DEBRA MCLINTON

Tree Pose



DAVE MARTINEZ

Plank pose



JOHN KOBENIE

Child's pose



MARTIN SCODUTO

Side Plank pose



MARTIN SCODUTO

corpse pose



DAVE MARTINEZ

chair pose

Rock Climbing

Carabiner- A carabiner is a metal loop with a sprung or screwed gate. It can quickly and reversibly connect components in safety-critical systems; for example, a common use is to attach a rope to a fixed anchor.

GriGri- A grigri is a hand-sized belay device designed to help secure rock-climbing. Its main characteristic is self-locking behaviour under a shock load. Belayers using a Gri-Gri need full-attention on their climber and skillful operation to ensure safety. Grigris are mostly designed for sport climbing

Keys to Climbing Safely:

- Climb only as fast as your belayer can take rope
- Prevent pendulums by staying on route (no more than 2 ft. on either side)
- Stand well away from the wall while not climbing
- Climb only where you are not above or below another climber
- Lower down climbers slowly and under control

The basic commands for climbing:

- Climber: “On Belay”
- Belayer: “Belay On”
- Climber: “Climbing”
- Belayer: “Climb On”

The Climber is responsible for:

- Fitting his/her own harness and helmet
- Correctly securing the climbing carabiner to the harness
- Using the proper commands prior to climbing and waiting for a response from the belayer (also check that the belayer is properly equipt)
- Climbing at a rate which allows for the belayer to keep up with the slack in the rope
- Communicate with belayer if ready to descend
- While descending, walk his/her feet down the wall
- Land on feet and lower to a seated position
- Return climbing carabiner to belayer carabiner before moving on to another climb

The Belayer is responsible for:

- Fitting his/her own harness
- Correctly securing the belaying carabiner with GriGri belay device to the harness
- Prepare the climbing rope for climb by taking up excess slack
- Checking climber for properly fitted equipment and rope to ensure that the rope is not twisted
- Communicating to the climber that he/she is cleared to climb by using the proper commands
- Taking up excess slack to keep the rope taught as climber climbs
- Lowering the climber back down to the ground slowly and smoothly by controlling the belay lever with left hand
- Return climbing carabiner to belayer carabiner before moving on to another climb

The Backup Belayer is responsible for:

- Fitting his/her own harness
- Correctly securing the backup belay rope to the back side of the belayer's harness
- Checking for any problems with the equipment that the climber and belayer overlooked
- Holding the back up rope and being in a ready position in case the belayer should need assistance (while climber is climbing and especially when the climber is descending)
- Paying attention to the climber throughout the climb