

# 1 Day Fitness Plan

**Directions:**

Record a 1 day fitness plan including the name of each exercise, how many reps, tempo, how long you rested, and how many sets. You must write down at least 3 exercises for your 1 day fitness plan. Make sure to add in a warm-up activity, 3 exercises, and cool down activity at the end.

| Exercise | Reps | Tempo | Sets | Rest |
|----------|------|-------|------|------|
| 1.       |      |       |      |      |
| 2.       |      |       |      |      |
| 3.       |      |       |      |      |
| 4.       |      |       |      |      |
| 5.       |      |       |      |      |
| 6.       |      |       |      |      |

**Reps-**if you are doing push-ups and you do 6 push-ups that means you did 6 reps. Beginners need not be worked to exhaustion to achieve strength gains.

**Tempo**

You can use “slow, moderate, or fast” or you can use the “numbers” system explained below.

Example-”202” means if you are doing a push-up from the starting position you take 2 seconds to go down to the ground, “0” means no pause, and then take 2 seconds to come back up.

Example-“312” means if you are doing a push-up from the starting position you take 3 seconds to go down to the ground, then pause for 1 second, and take 2 seconds to come back up.

**Sets-** if you do 6 push-ups and then rest that is 1 set. Then if you do another 6 push-ups and rest that is 2 sets. Overall you did 2 sets of push-ups with 6 reps per set.

**Rest-**for beginners breaks between sets range between 30-180 seconds depending on program design.