

Sierra Vista Fitness-Example Page

Directions:

Record the activities you do that relate to the 5 components of physical fitness for one week. You may rest for one or two days. On your days off, mark an “X” in the box to represent no activity. Be sure to write the type of activity you are doing in the appropriate box. Some activities might fit multiple boxes.

| Day | Muscular Strength | Muscular Endurance | Cardiovascular Endurance | Flexibility |
|------------------|--------------------------|---------------------------|---------------------------------|--------------------|
| Monday | | | jogging | Stretching |
| Tuesday | kettlebells | | | |
| Wednesday | | lunges | | |
| Thursday | | | | Yoga |
| Friday | | | slow walking | |
| Saturday | free weights | | | |
| Sunday | | | | day off |

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. warm-up,light jog | ---- | slow | ---- | ---- |
| 2.warm-up,stretching | ---- | slow | ---- | ---- |
| 3. kettlebell squats | 10-12 | 202 | 3 | 2 minutes |
| 4. swiss ball push-up | 8-10 | 102 | 3 | 2 minutes |
| 5. dumbbell curls | 6-8 | 303 | 3 | 2 minutes |
| 6. cool down- stretching | ---- | slow | ---- | ---- |
| 7. | | | | |
| 8. | | | | |