**Names:**  **Period:**

**One Day Fitness Plan**

**Directions:**

Record a 1 day fitness plan with your group including the name of each exercise, how many reps/tempo/sets/rest. You must write down at least 5 exercises, 2 should be body weight exercises, and include a proper warm-up and cool-down, 2 each. You must also indicate which primal pattern movement you are focusing on for the exercise as well as which component of health related physical fitness (aerobic capacity, muscular endurance, muscular strength, flexibility, body composition) is being addressed.

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| --- | --- | --- | --- | --- | --- | --- |
| Exercise | Reps | Tempo | Sets | Rest | Primal Pattern | Health Component |
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**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.

**Names:**  **Period:**

**Fitness Plan Critique**

**Directions:**

Place a check mark in each box for the components that are completed for this fitness plan.

* Warm-up with at least 2 activities lasting between a total of 3-5 minutes
* Warm-up increased my heart rate to get my body ready for exercise
* Plan included a minimum of 5 exercises, 2 which required no equipment
* Each exercise had appropriate number of reps/sets/tempo/rest
* Exercises worked on more than one primal pattern movement and had them labeled
  + Squat
  + Lunge
  + Bend
  + Twist
  + Push
  + Pull
  + Gait
* Exercises clearly indicated which fitness component it worked on
  + Aerobic Capacity
  + Muscular Endurance
  + Muscular Strength
  + Flexibility
  + Body Composition
* Fitness plan was something I would be able to use at a later date
* Cool-down included at least 2 activities that helped me recover from the workout