**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 and include a proper warm-up and cool-down. You must also indicate which muscles you are focusing on for the exercise as well as which component of health-related physical fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility) is being addressed.

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| --- | --- | --- | --- | --- | --- | --- |
| Exercise | Reps | Tempo | Sets | Rest | Muscle(s) | 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 1 activity
* Warm-up increased my heart rate to get my body ready for exercise
* Plan included a minimum of 5 exercises
* Each exercise had appropriate number of reps/sets/tempo/rest
* Exercises worked on at least one upper-body and one lower-body muscle and had them labeled
  + Pectoralis (pushing forward with arms)
  + Latissimus Dorsi (pulling with arms)
  + Deltoids (pushing upwards with arms)
  + Biceps (flexing arms inward)
  + Triceps (extending arms out)
  + Quadriceps (pushing with legs)
  + Hamstrings (pulling with legs)
  + Gastrocnemeus (lifting heels off the ground)
  + Gluteus (squeezing your butt)
* Exercises clearly indicated which fitness component it worked on
  + Cardiovascular endurance
  + Muscular Endurance
  + Muscular Strength
  + Flexibility
* Cool-down included at least 1 activity that helped me recover from the workout
* Fitness plan was something I would be able to use at a later date