

Personal & Lifetime Fitness Workout Plan - Final Exam

MUSCULAR FITNESS – Create a workout that is either Muscular Strength OR Muscular Endurance

Complete the following steps for your final Exam:

1. **Type:** List 10 upper body exercises
List 10 lower body exercises
List 10 core exercises
2. Mix and match these exercises and put them together to form **1 workout** (Muscular Strength OR Muscular Endurance) with a minimum of **8 exercises in the workout**.
3. **Frequency:** How many days per week should you complete this workout?
4. **Intensity:** How much weight can you lift for each exercise listed above? Include the poundage per each exercise and the type of equipment you will use
5. **Time:** Based on whether your workout is Strength or Endurance include the appropriate number of sets and reps you would complete?
6. **Muscles:** Next to each of the exercises from #1 list the main muscle being worked with each exercise.

Strength Training Program Outline:

- Workout must be 30 minutes long
- Include duration of each exercise (How long does it take you to complete all sets, reps, and rest time)
- Include the name of each exercise
- Include all information outlined below for the workout (Strength OR Endurance)

Strength & Endurance Training → 30 minutes, at least 8 exercises, at least 3 different pieces of equipment

****Must incorporate Upper Body, Lower Body, and Core Strength**

****Must include Name of exercise, Main Muscle Used, Weight, number of repetitions, and number of sets for each exercise; along with the time it takes to complete the exercise.**

- | | | |
|--------------------------|-----------------------|--------------------|
| * Free Weights/Dumbbells | * Medicine Ball | * Body Bars |
| * Squat/Bench Racks | * Functional Trainers | * Resistance Bands |
| * TRX | * Kettle balls | * Stability Balls |

Review for in Class Written Portion:

1. Components of Health: There are 5 of them
2. What does the FITT principle stand for and what does each mean?
3. What is the difference between sets and reps for a muscular strength workout and muscular endurance workout?