

<b>Game/Activity:</b> Senior Active Living Personal Workout Plan
<b>Grade Level:</b> Secondary

### Description:

#### My Personal Total Body Workout

Your task is to design a complete strength workout that you can complete during class time and at home on your own. Consider the following points:

- ✓ **Starting Point:** Where are you starting from? Are you exercising for the first time or are you currently very fit? Where you are now will determine how you will design your plan.
- ✓ **Your Goals:** What do you want to accomplish? Refer to your S.M.A.R.T. goals!
- ✓ **Equipment Availability:** Keep in mind the equipment you will need to perform your workouts. Is this readily available at the school and/or at home.
- ✓ **Schedule:** Keep in mind our class schedule. (Weight room every other day) and extra activity/training performed outside of class/school.
- ✓ **Time:** You must make sure you have selected enough exercises to do within the time frame of the class (aim for 60 min).
- ✓ **Training Principles:** Apply training principles discussed in class
  - **Symmetry:** Make sure your program is balanced for opposing muscle groups. If you do one exercise for biceps, you should do one for triceps. Also keep in mind to balance your left and right.
  - **Stress/Rest:** Allow yourself two days of rest after one day of exercise on a specific muscle/muscle group
  - **Progressive Resistance Overload:** Increase the load/intensity gradually to avoid injury.
  - **FITT:** Please include Frequency, Intensity, Time, and Type in your plan. You must include the number of repetitions and the number of sets that you will do.
- ✓ **Variety:** Try to have a variety of exercises, using both free weights and machines.
- ✓ **Stretching:** Your workout must end with appropriate stretches.

Present your workout plan in the following format (see examples):

**Total Body Workout Plan Week 1:**

	Exercise	Muscle/Muscle Groups  **Be specific if you can! (i.e. Biceps vs. Arms)	Set 1	Set 2	Set 3	Set 4	Set 5
			wt/rep s	wt/rep s	wt/ reps	wt/ reps	wt/reps
<b>Warm-up/ Cardio:</b>	<i>Treadmill</i>		<i>4mph 1min</i>	<i>6mph 10-15 min</i>	<i>3.5mph 2min</i>		
	<i>Skipping</i>						
<b>Upper Body:</b>		<i>Pectorals</i>					
	<i>Lat Pull Downs</i>	<i>Rhomboids/Lats/Traps</i>	<i>60lbs/ 12reps</i>	<i>Rest 30 sec</i>	<i>65lbs/ 15reps</i>	<i>Rest 30 sec</i>	<i>65lbs/ 15reps</i>
		<i>Deltoids</i>					
		<i>Biceps</i>					
		<i>Triceps</i>					
<b>Lower Body:</b>		<i>Quads</i>					
		<i>Glutes</i>					
		<i>Hamstrings</i>					
		<i>Adductors</i>					
		<i>Abductors</i>					
		<i>Gastrocnemius/Tibialis</i>					
<b>Core/ Plyometrics:</b>		<i>Transversus abdominus</i>					
		<i>Rectus abdominus</i>					
		<i>Obliques (rotation &amp; lateral flexion)</i>					
<b>Stretches:</b>							

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	<i>5 K Jog (1&amp;1's)</i>	<i>Cardio/Core (Dance Studio)</i>	<i>Weightroom Workout #1 Upper Body</i>	<i>Cardio/Core (Dance Studio)</i>	<i>Weightroom Workout #2 Lower Body</i>	<i>YOGA (Dance Studio)</i>	<i>Rest</i>
2	<i>30 min walk</i>	<i>Weightroom Workout #1 Upper Body</i>	<i>Cardio/Core (Dance Studio)</i>	<i>Weightroom Workout #2 Lower Body</i>	<i>Cardio/Core (Dance Studio)</i>	<i>Weightroom Total Body Workout #1</i>	<i>5 K Jog (1&amp;1's)</i>