**Personalized Workout Assignment**

**Due: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

You have now completed six months of fitness workouts, in the weight room, field, gym and exercise videos. Your task is now to create a personalized workout program for yourself. This assignment deals only with strength exercises, no cardio. You will be given 4 in class work periods to work on this.

Using the template provided you are to create a full workout program for yourself and **include pictures of each exercise. If you don’t want a picture of yourself, then someone else can be used to show the exercise.**

This workout must include all of the appropriate components of a workout:

* warm up
* upper body
* lower body
* core exercises.
* stretching

Your exercises should include a **mix** of machines and free weights/body weight.

When determining your exercises, sets, and reps you should keep in mind that they should match your **target goal** (improves fitness, lose weight, build strength, etc.).

**Components Required:**

* **10 min warm up (includes a minimum of 2 exercises)**
* **7 upper body exercises**
* **7 lower body exercises**
* **5 core/back exercises**
* **Head to Toe Stretches**

You can incorporate from previous workouts and should search the internet for exercise ideas.

You must have a **minimum of 4 new exercises** (exercises not yet done in class). ***Highlight*** your new exercises to easily distinguish

Equipment available to you to use in your workout:

* Weight machines
* Free weights
* Bosu balls
* Medicine balls
* Stability balls
* Yoga mats
* Skipping ropes
* Cardio machines
* Steps & risers
* Agility Equipment (battle rope, boxes, etc)

This workout will be completed over 4 weight room days. You will have an opportunity to make adjustments to your plan and reflect on your program after the first workout day.

The reflection should include your thoughts when designing the program and completing the exercises, opportunity for progress throughout the workout, likes and dislikes with the exercises chosen and how to ensure you continue to commit to the program.

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| ***Criteria*** | **Level 1** | **Level 2** | **Level 3** | **Level 4** |
| **Accurate Use Of Template**  **(Comm.)**  **/5** | * There was limited use of the template (it was not complete &/or not used properly) | * There was some use of the template (it was almost complete &/or had a few mistakes in format) | * There was considerable use of the template (it was almost complete or had a few mistakes in format) | * There was thorough & proper use of the template |
| **Pictures Of Exercises**  **(Comm.)**  **/5** | * Pictures were included for very few of the exercises and/or were not clear indicators of the exercise | * Pictures were included for a few of the exercises or were not clear indicators of the exercise | * Pictures were included for most of the exercises and/or not all chosen were clear indicators of the exercise | * Pictures were included for all exercises and were all very clear indicators of the exercises |
| **Required Workout Components**  **(Knowledge)**   * **Warm Up** * **Upper Body** * **Lower Body** * **Core/Back** * **Stretches**   **/10** | * Almost all of the required components were not included in the plan | * Most of the required components were not included in the plan | * A few of the components were not included in the plan | * All of the components were clearly and accurately include in the plan |
| **Use Of Equipment**  **(Knowledge)**  **/5** | * The program did not have a variety of equipment | * The program did not have a mix of free weights & machines &/or did not use equipment | * The program used a mix of free weights & machines but could have included other types of equipment | * The program used a large mix of equipment including free weights & machines |
| **New Exercises**  **(Thinking)**  **/4** | * Only 1 new exercise was included in the program | * Only 2 new exercises were included in the program | * 3 new exercises were included in the program | * 4 new exercises were included in the program |
| **Reflection**  **(Thinking)**  **/19** | * The reflection was limited in completion, it was missing most of the required information | * The reflection was somewhat complete, it was missing some of the required information | * The reflection was considerable in completion, it included most of the required information | * The reflection was clear & thorough, included all of the required information |

**Knowledge: /15 Thinking: /23 Comm.: /10**

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| **Fitness Goal: (Include component (s) of fitness being targeted)** |

**Warm Up:**

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| --- |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Upper Body Exercises** | **Date:** |  | |  | |
| **Exercise** | **Weight** | **Set 1**  **Reps** | **Set 2**  **Reps** | **Set 1**  **Reps** | **Set 2**  **Reps** |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |
| 6. |  |  |  |  |  |
| 7. |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Lower Body Exercises** | **Date:** |  | |  | |
| **Exercise** | **Weight** | **Set 1**  **Reps** | **Set 2**  **Reps** | **Set 1**  **Reps** | **Set 2**  **Reps** |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |
| 6. |  |  |  |  |  |
| 7. |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- |
| **Core/Back Exercises** | **Date:** |  | |  | |
| **Exercise** | **Weight** | **Set 1**  **Reps** | **Set 2**  **Reps** | **Set 1**  **Reps** | **Set 2**  **Reps** |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |

**PICTURES**

**Upper Body**

|  |  |  |
| --- | --- | --- |
| **1** | **2** | **3** |
| **4** | **5** | **6** |
| **7** |  |  |

**Lower Body**

|  |  |  |
| --- | --- | --- |
| **1** | **2** | **3** |
| **4** | **5** | **6** |
| **7** |  |  |

**Core/Back**

|  |  |  |
| --- | --- | --- |
| **1** | **2** | **3** |
| **4** | **5** |  |

**Stretches (new)**

|  |  |  |
| --- | --- | --- |
| **1** | **2** | **3** |
| **4** | **5** | **6.** |

**Reflection: (must be typed up)**

1. List and explain **THREE** examples of your personal strengths and **THREE** examples of your personal weaknesses, as they relate to healthy active living and body movement skills. (6 marks)
2. Explain **FIVE** ways that you can apply what you learned in this course to live a healthy, active life. (5 marks)
3. A) Identify **TWO** barriers and explain how it prevented you from achieving all of your healthy active living and personal fitness goals. (2 marks)

B) Describe **TWO** ways to overcome these barriers (2 marks)

1. What did you learn about decision making with respect to achieving your personal fitness goals? (2 marks)
2. Explain **TWO** ways that you were encouraged or supported in your quest to improve your personal fitness. (2 marks)