

## Organizing a Fitness Program

1. You will write a **Different** work-out for **Each** day that you have PE (a total of two different work-outs for **ONE** week).

Example:

Week   1  

Day 1: Work-out one (1)

Day 4: Work-out two (2)

### What do I include in my work-out?

1. Your workout will start with dynamic stretching: The warm-ups we use in class are examples of dynamic stretching.

Dynamic stretching examples

1. Skipping
2. Lunges
3. High knees
4. Carioca
5. Heel kicks

2. Your program must include all the components of fitness:

Components of Fitness

1	cardiovascular	
2	Muscular strength	
3	Muscular endurance	
4	Flexibility	

3. Time Frame: How Long Do I work-out?

You must work-out for 20 minutes on one (1) component each class. Ten (10) minutes on each of the other ones for a total of 40-50 minutes each class.

Week 1:

Day 1: Warm-up: Dynamic stretching (1/2 gym-2 minutes)

Work-out	Minutes	Component
1. Run/walk	20 minutes	Cardiovascular
2. Weight lift for endurance (upper body)	10 minutes	Muscular endurance
3. Weight lift for strength (lower body)	10 minutes	Muscular strength
4. Pilates	5	Flexibility
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47 minutes total work-out		

You may combine components in your workout. Example: Muscular strength with muscular endurance

Week 1:

Day 4: Warm-up: Dynamic stretching (1/2 gym 2-3 minutes)

Work-out	Minutes	Component
1. P90X	20 minutes	Muscular strength and endurance
2. Ride bike for	12 minutes	Cardiovascular
3. Static stretch	10	Flexibility
4. Sit-up/Push-up	30 seconds	Muscular endurance
	(2X's each=2 mins.)	
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47 minutes		

Week 2:

Day 1: Warm-up: Plyometrics-(2 minutes)

Work-out	Minutes	Component
1. Step aerobics	25 minutes	Cardio
2. Muscular strength (lower body)	10 minutes	MS
3. Pilates	10 minutes	Flex
4. Sit/Push-ups (2X's)	30 seconds each	ME.
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	49 Minutes	

Week 2:

Day 4: Warm-up: Dynamic Stretching (2 minutes)

Work-out	Minutes	Component
1. Ty Bo	20 minutes	Cardio
2. Muscular endurance (upper body)	10 minutes	ME
3. Plyometrics	8 minutes	MS
4. Static stretching	8 minutes	Flex
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	48 minutes	

Week 3:

Day 1: Warm-up: Plyometrics (2 minutes)

Work-out	Minutes	Component
1. Pilates	20 minutes	Flex
2. Muscular strength	12 minutes	MS
3. Run	12 minutes	Cardio
4. Sit/push (2S's)	30 seconds	ME
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	48 minutes	

Fitness Work-Out sheets  
Week/Day Charts

Week: \_\_\_\_\_

Day: \_\_\_\_\_

Warm-up: \_\_\_\_\_

Work-out	Minutes	Component
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

Week: \_\_\_\_\_

Day: \_\_\_\_\_

Warm-up: \_\_\_\_\_

Work-out	Minutes	Components
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

Heart Rate/Exercise

Week: \_\_\_\_\_

Day: \_\_\_\_\_

Heart Rate zone:            During work-out

In Zone	Above Zone	Below Zone	Component
			Cardio
			Muscular Strength
			Muscular Endurance
			Flexibility

Week: \_\_\_\_\_

Sit-ups and Push-ups must be done twice (2 ax's) every week for 30 sec. each. You may do this at anytime during your work-out. Record results below.

Sit-Up/Push-Up 30 Seconds Chart

	1	2
Sit-Ups		
Push-ups		

## Exercise options

Cardio: Running Ty Bo Step Aerobics P90X Plyometrics, jumping rope

Muscular strength/endurance: Barbells, dumbbells, bands, medicine balls, stall bar

Flexibility: Pilates; dynamic stretching, bands

## Muscle Groups

### Upper

Biceps/Triceps  
Trapezium  
Pectorals  
Abdominals  
Oblique  
Deltoids

### Lower Body

Quads  
Hamstring  
Gastro

## Weight Exercises

Biceps/triceps curls  
Lat pull-down  
Upright row  
Butterfly  
Stall bar leg lifts /bend leg lifts  
Flex arm hang  
Chin ups  
Planks

leg curl/leg extension  
squats  
wall sit  
lunges  
Toe raises

Plyometrics- using lines and objects to jump to improve muscular strength and endurance and anaerobic conditioning.

1. Single leg jump across a line 10 times; hop over a cone 10 times, turn 180 degrees, 360 for 30 sec. Switch to other leg.
2. Double leg jumps; Jump over 3 cones without stopping for 30 sec.
3. Hop from one box to another without stopping for 30 sec. (height should increase).

It's important to increase intensity of jumps by increasing time and/or decrease time for same distance.