

INDIVIDUALIZED FITNESS PROGRAM GUIDELINES

1. Choose the health Related Fitness components for your program.
 - a. Cardiovascular
 - b. Muscular strength and endurance
 - c. Flexibility
 - d. Body composition (% body fat/ add nutrition elements)

2. Muscular strength and endurance
 - a. Determine the number of reps and sets for each exercise
 - b. Select the weight amount based on goals for training
 1. strength (.75% of max weight lift ability, 4-6 reps)
 2. endurance (.25% of max weight lift ability, 15-20 reps)
 3. strength and endurance (50% of max weight lift ability, 10-15 reps)
 - c. Identify muscle groups for program
 - d. Weight amount should remain the same for 4-6 weeks. Goals will likely change due to endurance or strength gained.

3. All programs should include:
 - a. How often you will perform your program (3 xs's/week, etc.)
 - b. How long you will be working out (50-1 hour)
 - c. Warm-up
 - d. Cool down

4. You will record what you did each class period. You should expect to see
An improvement in 4-6 weeks exercising 3X's a week for 50 minutes to 1 hour.