**Final Exam Project – Fitness Plan - Due Before or on Dec 3rd**

*Late papers & emailed papers will not be accepted. You must hand in a printed out hard copy*. I will not accept an excuse of printer problems or computer problems.

*Your fitness is worth 35 points and takes the place of a final exam. Your fitness plan should map out how you plan to stay fit after this class ends. Your goal should be to make your fitness plan as specific as possible. The more specific you are on all your details, the more likely you are to actually do the workout. Your fitness plan must start with 2 goals, one goal for the first month and then a 1-year goal. Your goal needs to be realistic and EXTREMLY specific. Your fitness plan should contain the FITT components.*

**F= Frequency**

How often will you work out? What days will you work out? Example: I will work out 3 days a week on Mondays, Wednesdays, and Fridays

**I = Intensity**

How hard will you work out? Examples: I will run at a speed of 6mph. I will go on the elliptical at a level 5. I will walk for 30 minutes and walk fast enough that I break a sweat. I will do 15 bench presses with 100lbs. I will do abdominal crunches until I am fatigued.

**T = Type**

What different types of exercises will you do? Examples: I will work my biceps doing 3 different exercises: hammer curl, regular bicep curl, and a bicep curl to the side. I will do a ½ hour of cardio by running and using the elliptical machine. I will do bicycle crunches, crossover crunches, leg drops, and reverse curls to work my abdominals.

**T = Time**

How long will you work out for? Example: I will run for 10 minutes, go on the elliptical for 10 minutes, and then ride the bike for 10 minutes. I will do 3 sets of 15 squats.

**Helpful Hints**

* BE REALISTIC!!! If you only workout 1 time a week now, don’t increase it to 7 days a week, because it might be hard for you to stick to. But if you are really looking for a change, don’t be afraid to challenge yourself.
* Find something to measure so you have a goal. It can be increasing how long you can run, such as 10 minutes without stopping to 20 minutes without stopping. Or bench pressing 20 more lbs, or even losing 5 lbs.
* If you are trying to lose weight, you need to do 45 minutes of cardio at least 3 times a week
* Try to add lots of variety to your workout so you don’t get board. One day run/walk inside, the next time run/walk outside. Use music or mini goals to keep you motivated!
* Use this project as your time to focus just on you. What do you want your fitness level to be? What do you want your body to look like? You only get one body, so you might as well be happy with it!! Set a plan and use it. If you are someone who needs all the details to stick to it, make sure your plan shows that!

**How do I put my workout plan together?**

How many days you can devote to working out will effect what you do each day. Here are my suggestions:

* **Weight loss**
  + 2 day workout
    - 45-60 minutes of cardio, 15 minutes of leg work, abs
    - 45-60 minutes of cardio, 15 minutes of upper body, abs
    - Alternate weeks by doing straight cardio then weights one week, and the next week interval training with 5 mins cardio, weights, cardio, weights
  + 3 day workout
    - 45-60 minutes of cardio, abs
    - Total body toning workout
    - 45-60 minutes of cardio, abs
  + 4 Day workout
    - 45-60 minutes of cardio, abs
    - Upper body toning, abs
    - 45-60 minutes of cardio, abs
    - Lower body toning, abs
  + 5 day (or more) workout
    - 45-60 minutes of cardio, abs
    - Upper body toning, abs
    - 45-60 minutes of cardio, abs
    - Lower body toning, abs
    - Extra day can be interval training or additional cardio days
* **Strength/muscle mass:** 
  + You can do one muscle group each day, or combine them in a few ways:
    - Option 1
      * Day 1: back/bi’s
      * Day 2: chest/tri’s
      * Day 3: shoulders
      * Day 4: legs
    - Option 2 - opposing muscle groups
      * Day 1: back and chest
      * Day 2: Abs and lower back
      * Day 3: Biceps and triceps
      * Day 4: Legs (Quads, hamstrings, glutes)
      * Day 5: Calves and shoulders (Not opposing, but you have to fit them in)

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Kickboxing Tues 7-8:40

**My Fitness Plan (example)**

My monthly goal is to work out 4 days a week and increase my intensity when I do cardio. My goal for 1 year is to lose 10 lbs. To reach this goal I will work out Mondays, Tuesdays, Thursdays, and Saturdays. I will do the following workout.

**Monday: Legs**

* Warm-up legs with 5 minutes on the bike or elliptical
* 3 sets of 15 squats using the 45lb bar
* 3 sets of 16 alternating back lunges holding 5lb weights
* 3 sets of 15 leg presses,
  + 1st set 50lbs
  + 2nd set-55lbs
  + 3rd set-60lbs
* 3 sets of 15 calf raises holding 5 lb weights (Superset in between the leg presses)
* 3 sets of 15 inner thigh machine with 60lb weight
* 3 sets of 15 outer thigh machine with 50lb weight
* 5 minute stretch

**Tuesday: Cardio**

* 45 minutes of kickboxing, stating with a low intensity and finishing with a high intensity/hard to breathe
* 10 minutes of abdominals doing each exercise to fatigue: Basic crunches, reverse crunches, cross-over crunch, leg drops, slow bicycles, and oblique crunches
* 5 minute stretch

**Wednesday: Upper Body**

* 5 minute warm up by walking on treadmill or elliptical, followed by light stretching
* Superset back and triceps
  + Lat Pull downs, 3 sets of 15, 45 lbs
  + Tricep extensions, 3 sets of 15, 10lbs
* Superset back and triceps
  + Seated rows, 3 sets of 15, 40 lbs
  + Tricep kickbacks, 3 sets of 15, 10 lbs
* Superset bicep and chest
  + Seated chest press machine, 3 sets of 15, 15lbs
  + Decline bicep curl, 3 sets of 5lbs
* Superset bicep and chest
  + Chest fly, 3 sets of 15, 10-15lbs
  + Bicep curl with a twist, 3 sets of 15, 10lbs
* Shoulders circuit – go through circuit twice, 3sets of 10, 10lbs
  + Side raises
  + Anterior raises
  + Shoulder press
* Lower back extensions, 3 sets of 15 or until fatigue
* Standing oblique crunches, 3 sets of 15 on each side
* Plank – 3 sets of 30 seconds
* Side plank – 3 sets of 30 seconds
* 5 minute stretch

**Thursday: Cardio**

* 5 minute warm up, walking on treadmill, speed 3.7, then light stretching
* 10 minute jog on treadmill, speed 5.0-6.0
* 20 minutes on the elliptical, weight loss program or resistance at a 3 at a medium to high intensity
* 10 minutes on the bike, sprint 30 seconds on resistance 3-4, recovery 30 seconds on resistance 1-2. Very intense
* 5 minute walk on treadmill, start with speed 3.8 and finish with a speed of 3.0
* 10 minutes of abdominals doing each exercise to fatigue: Basic crunches, reverse crunches, cross-over crunch, leg drops, slow bicycles, and oblique crunches
* 5 minute stretch

**Saturday: Intervals (1 minute cardio, 1 minute strength training, repeat each combo twice)**

* 5 minute warm up by walking and light stretching
* Jump rope/Squats 10lb weight
* Front kicks/ plies 10lb weight
* Jog in place/ backwards lunges with 10lb weight
* Jumping jacks/ shoulder press
* Jump squats/bicep curls
* Jog with butt-kicks/tricep extensions
* Sidekicks with a squat/bent-over rows
* Touch the ground then jump up/push-ups
* Plank – 3 sets of 30 seconds
* Side plank – 3 sets of 30 seconds
* 5 minute stretch