Create Your Personal Workout Plan

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Muscular Strength

Muscular Endurance

Flexibility

Cardiovascular

Create a balanced Personal Workout Plan of 8 different exercises. For each exercise identify the following:

1. Name of the exercise; 2. How many times/how long for each exercise? 3. Draw a picture of the exercise 4. Circle which area of fitness it will improve?

|  |  |  |  |
| --- | --- | --- | --- |
| **1.** | **2.** | **3.** | **4.** |
| How many times?/How long for? | How many times?/How long for? | How many times?/How long for? | How many times?/How long for? |
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| **5.** | **6.** | **7.** | **8.** |
| How many times?/How long for? | How many times?/How long for? | How many times?/How long for? | How many times?/How long for? |
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Adapted from: iPhys-ed.com