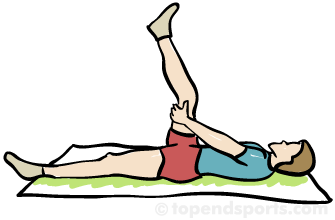
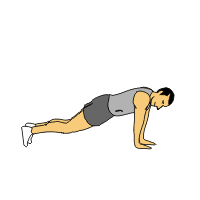
Create Your Personal Workout Plan



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? |
| C:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L207VU1E\hamstring-supine[1].gifC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HPPXWEI6\Pushup[1].gifDiagram | Diagram  C:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L207VU1E\hamstring-supine[1].gifC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HPPXWEI6\Pushup[1].gif | Diagram  C:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L207VU1E\hamstring-supine[1].gifC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HPPXWEI6\Pushup[1].gifC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KK10M09S\0025-0805-2821-5266_clip_art_graphic_of_a_yellow_star_cartoon_character_flexing_his_arm_muscles[1].jpg | Diagram  C:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L207VU1E\hamstring-supine[1].gifC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HPPXWEI6\Pushup[1].gifC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KK10M09S\0025-0805-2821-5266_clip_art_graphic_of_a_yellow_star_cartoon_character_flexing_his_arm_muscles[1].jpg |
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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? |
| Diagram  C:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HPPXWEI6\Pushup[1].gifC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KK10M09S\ECG-heart[1].pngC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KK10M09S\0025-0805-2821-5266_clip_art_graphic_of_a_yellow_star_cartoon_character_flexing_his_arm_muscles[1].jpgC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L207VU1E\hamstring-supine[1].gif | Diagram  C:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HPPXWEI6\Pushup[1].gifC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L207VU1E\hamstring-supine[1].gif  C:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KK10M09S\ECG-heart[1].pngC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KK10M09S\0025-0805-2821-5266_clip_art_graphic_of_a_yellow_star_cartoon_character_flexing_his_arm_muscles[1].jpg | Diagram  C:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HPPXWEI6\Pushup[1].gif  C:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KK10M09S\ECG-heart[1].pngC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KK10M09S\0025-0805-2821-5266_clip_art_graphic_of_a_yellow_star_cartoon_character_flexing_his_arm_muscles[1].jpgC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L207VU1E\hamstring-supine[1].gif | Diagram  C:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HPPXWEI6\Pushup[1].gifC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L207VU1E\hamstring-supine[1].gif  C:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KK10M09S\0025-0805-2821-5266_clip_art_graphic_of_a_yellow_star_cartoon_character_flexing_his_arm_muscles[1].jpgC:\Users\fran.harris\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KK10M09S\ECG-heart[1].png |
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