**Part A: Answer the following questions: write the questions & answer or restate question in answer**

1. List the 3 components of a workout.
2. List 2 types of warmups and an example of each
3. List 3 benefits of warming up prior to exercise
4. What is a good time range for a warmup?
5. How is FITT used to determine one’s workout plan?
6. List every letter of FITT and provide a two to three-word description of each
7. List two phases of a cool down
8. List 3 benefits of proper cool down.

**Part B. Designing Your Own Weight Training Program**

**Direction: You will create a weight training SMART goal for yourself that you would like to accomplish by March 12th. Based on that goal, you will create an exercise/workout plan by using the following criteria:**

1. A 3-5minute warmup filling in all of the components of the chart. If it is not applicable, put N/A.
2. List at least 8 exercises that you will perform for each day of your workout focusing on upper and lower body each day. You can change the exercises per day (ex. Every other day or every two days) you would just need to specify which days of the week you will be performing the exercises & draw a line down each section to separate the days. You can also just fill out another sheet.
3. Create your cool down including the two phases of a cool down and fill in the chart

SMART Goal: For the next two weeks my strength training goal is to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  |  |  |  |
| --- | --- | --- | --- |
| Warm Up | | | |
| Exercise | Sets | Reps/Time | Weight |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Workout | | | |
| Exercise | Sets | Reps/Time | Weight |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |
| 5. |  |  |  |
| 6. |  |  |  |
| 7. |  |  |  |
| 8. |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Cool Down | | | |
| Exercise | Sets | Reps/Time | Weight |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Part C.

Choose two of the exercises in your workout plan. For each exercise, you will do the following in your tutorial video.

1. Introduce yourself
2. Name/identify the exercise you are performing
3. The equipment needed to perform the exercise
4. The areas of the body identifying the major muscles (2) that are engaged
5. Demonstrate the proper technique to use breaking it down into steps
6. Identify consequences/results that could occur from not following the proper technique
7. Post Video using your name
   1. <https://flip.com/8bc985b1>



