Name:

Date:

School:

Facilitator:

5.03 Personal Muscular Workout Plan

Total Points: 50

**Answer the following questions based on your body type and personal preferences.**

1. Define your body type:

2. List 5 things you need to remember for your workout based off your body type:



3. Identify the type of muscular workout that you will develop based off your body type (muscular strength, muscular endurance, or a combination of both):

4. Identify at least two to three exercises that you enjoy, targeting each body part listed below.

|  |  |  |  |
| --- | --- | --- | --- |
| **Body Part** | **Exercise 1** | **Exercise 2** | **Exercise 3** |
| chest |  |  |  |
| shoulder |  |  |  |
| triceps |  |  |  |
| biceps |  |  |  |
| legs |  |  |  |
| back |  |  |  |
| abdominals |  |  |  |

# Training Plan

5. Complete the training plan below. Choose your favorite muscular exercises / activities to work all body parts and to help you reach your fitness goals. Describe your activities carefully. Include planned rep schemes, sets, intensity level, and other important information.

| **Activity** | **Mark the days of the week you plan to complete the activity** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mon** | | **Tues** | **Weds** | **Thurs** | **Fri** | | **Sat & Sun** |
| *Example: Push-ups*  *10 push-ups then rest 60 seconds*  *Complete 3 sets* | *X* | |  |  | *X* |  | |  |
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| **List the cardiovascular activities you will include as well below.** | | | | | | | | |
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