

## Sierra Vista Fitness-Example Page

**Directions:**

Record the activities you do that relate to the 5 components of physical fitness for one week. You may rest for one or two days in each area. On your days off, mark an “X” in the box to represent no activity. Be sure to write the type of activity, the intensity, and the amount of time you spent doing it, how many sets, and how many repetitions. Intensity may be recorded as either: easy, moderate, or high depending on your perceived level of exertion. Also, write the names of the muscles you stretch in the box labeled flexibility/other or write yoga, pilates, tai chi, qigong , or a different exercise that fits this category such as breathing exercises, praying, meditation etc.

<b>Day</b>	<b>Muscular Strength</b>	<b>Muscular Endurance</b>	<b>Cardiovascular Endurance</b>	<b>Flexibility</b>
<b>Monday</b>	Type: Intensity: Time: Sets: Reps	Type: Intensity: Time: Sets: Reps	Type:jogging Intensity:easy Time:10 minutes Sets: Reps	Stretching-10 minutes  muscles-hamstring, pectoralis major, soleus
<b>Tuesday</b>	Type:kettlebells Intensity:high Time:25 minutes Sets:6 Reps:8-10	Type: Intensity: Time: Sets: Reps:	Type: Intensity: Time: Sets: Reps:	
<b>Wednesday</b>	Type: Intensity: Time: Sets: Reps:	Type:lunges Intensity:moderate Time:12 minutes Sets:4 Reps:10-12	Type: Intensity: Time: Sets: Reps:	
<b>Thursday</b>	Type: Intensity: Time: Sets: Reps:	Type: Intensity: Time: Sets: Reps:	Type: Intensity: Time: Sets: Reps:	Yoga-25 minutes
<b>Friday</b>	Type: Intensity: Time: Sets: Reps:	Type: Intensity: Time: Sets: Reps:	Type:slow walking Intensity:easy Time:45 minutes Sets: Reps:	
<b>Saturday</b>	Type: free weights Intensity:high Time:40 minutes Sets:8 Reps:6-8	Type: Intensity: Time: Sets: Reps:	Type: Intensity: Time: Sets: Reps:	
<b>Sunday</b>	Type: Intensity: Time: Sets: Reps:	Type: Intensity: Time: Sets: Reps:	Type: Intensity: Time: Sets: Reps:	day off

## 1 Day Fitness Plan

### Directions:

Record a 1 day fitness plan including the name of each exercise, how many reps, intensity(easy, moderate, heavy), tempo, how long you rested, and how many sets. You must write down at least 3 exercises for your 1 day fitness plan. Make sure to add in a warm-up activity, 3 exercises, and cool down activity at the end.

Exercise	Reps	Intensity	Tempo	Rest	Sets
1. warm-up,light jog	----	slow	----	----	----
2.warm-up,stretching	----	slow	----	----	----
3. kettlebell squats	10-12	high	202	2 minutes	2
4. swiss ball push-up	8-10	slow	102	2 minutes	2
5. dumbbell curls	6-8	slow	303	2 minutes	2
6. cool down- stretching	----	slow	----	----	----
7.					
8.					

**Reps**-if you are doing push-ups and you do 6 push-ups that means you did 6 reps

**Sets**- if you do 6 push-ups and then rest that is 1 set. Then if you do another 6 push-ups and rest that is 2 sets. Overall you did 2 sets of push-ups with 6 reps per set.

### Tempo

Example-"202" means if you are doing a push-up from the starting position you take 2 seconds to go down to the ground, no pause, and then take 2 seconds to come back up

Example-"312" means if you are doing a push-up from the starting position you take 3 seconds to go down to the ground, then pause for 1 second, and take 2 seconds to come back up