

Personalized

Fitness

Plan



AL FITNESS ASSESSMENT

Health Related Fitness Components

Cardiorespiratory Endurance - Muscular Strength & Endurance - Body Composition - Flexibility

Cardiorespiratory Endurance Assessments

Healthy Fitness Zone (HFZ)

Option #1

One Mile Run

Needs Improvement	Good	Better
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<u>Age 15</u>	Male	9:00	7:00
	Female	10:30	8:00
<u>Age 16 & 17</u>	Male	8:30	7:00
	Female	10:00	8:00

Your Time: 7:35
Zone: better

Option #2

3 Minute Step Test

Heart Rate Beats Per Minute	Assessment Rating
85-95	Excellent
96-105	Good
106-125	Fair
126 or more	Needs Improvement

Your Heart Rate: _____
Rating: _____

Muscular Strength & Muscular Endurance Assessments

Healthy Fitness Zone (HFZ)

Curl Up (# Completed)

Needs Improvement	Good	Better
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<u>Age 15, 16 & 17</u>	Male	24	47
	Female	18	35

Your Score: 18
Zone: good

Healthy Fitness Zone (HFZ)

Push Up (# Completed)

Needs Improvement	Good	Better
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<u>Age 15</u>	Male	16	35
	Female	7	15
<u>Age 16 & 17</u>	Male	18	35
	Female	7	15

Your Score: 25
Zone: better

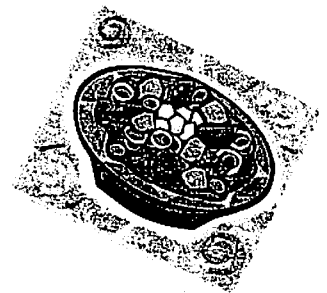
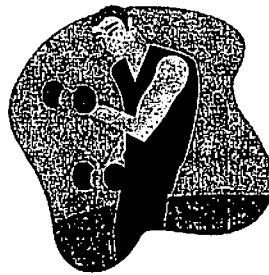
Personalized Fitness Goals

Cardio-respiratory Fitness Goal: I will decrease my resting heart rate by participating in an aerobic activity such as jogging (during my off season) that cause my heart rate to be at 60-70% of my max heart rate. If I do this three times a week over time I should achieve this. My resting heart rate now is 60 beats per minute.

Muscular Strength and Endurance Goal: My goal is to maintain my muscular endurance by doing 3 sets of 30 sit-ups and also 3 sets of 30 pushups 2-4 times per week. I hope to get up to 60-70% of my 1RM

Flexibility Goal: My goal is to maintain my flexibility by doing daily static stretching until I feel tension in whatever muscle I am trying to stretch.

Body Composition Goal: My goal is to decrease my body composition by 10mm. I will do this by eating healthier, more fruits and vegetables and less unhealthy snacks and performing my exercises for my other goals.



Warm Up and Cool Down Activities

Cardio-vascular endurance warm up: My warm up will consist of a short, brisk walk for five minutes before my workout (three times per week). It will bring my heart rate up to 50-60% of its max heart rate. Then I will stretch the necessary muscles, my gastrocnemius', hamstrings, gluteus maximus', quadriceps, and leg adductors.

Muscular Strength and Endurance warm up: My warm up will consist of 5-10 minutes of two pound bicep curls to prepare my triceps and biceps for the pushups, at 50-60% of 1RM. Then I will stretch my arms, and torso to be sure that I do not injure any muscles. This will happen 2-4 times per week.

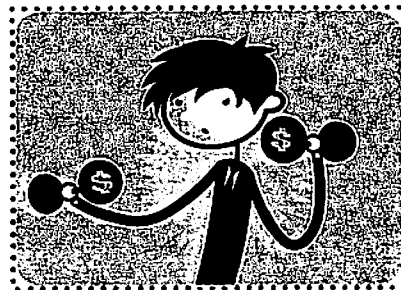
Cardio-vascular endurance cool down: My cool down will consist of the same elements that my warm up did, right down to the time and intensity, but its purpose is to bring my heart rate back down and stretch my muscles after use. I will stretch anything that is sore and also stretch the same muscles that I did in my warm up.

Muscular Strength and Endurance cool down: This cool down will also consist of the same elements that the warm up did, at 50-60% of 1RM. I will take extra care to stretch anything that is sore.

Applied Frequency, Intensity, Time, and Type principle. (F.I.T.T. Principle)

Cardio-respiratory Endurance Warm Up			
F	I	T	T
Whenever cardio workout is to be done 3-5 times per week	50-60% of max heart rate	Light activity of workout – Walking. Stretching.	5-10 minutes

Muscular Strength and Endurance Warm Up			
F	I	T	T
2-4 times per week	50-60% 1RM	Two pound bicep curls	5-10 minutes



Stretching Routine

One Upper Body: Deltoid stretch:

- Find a wall with at least four feet of empty space (horizontally), between your chest and head.
- Place your left palm against the wall so that your arm is going across your chest.
- Lean into the wall so that your shoulder is flat against the wall, stretching your deltoid.
- Hold for 20 seconds.
- Switch.
- Repeat.

One mid-section: Rectus abdominis and external obliques stretch:

- Stand straight up with your arms above your head.
- Interlock your fingers so that your palms are facing upwards
- Push your hands so it seems like you are trying to touch the ceiling, pulling in your stomach as you go.
- Move your torso from left to right to get your external obliques.
- Hold for 20 seconds.
- Repeat.



One lower body: Quadriceps stretch:



- Kneel on the ground.
- Pick up your right foot so that it is flat on the ground and your leg is at a 90 degree angle.
- Extend your left leg behind you, straight, and place your toes on the ground, using your hands on your knee to stabilize you.
 - Keep your knee bent at a right angle, and make sure your leg is straight.
- Hold for 20 seconds.
- Switch.
- Repeat.

Stretching (Flexibility)

F	I	T	T
Daily	Until tension is felt	10-30 seconds	Static

Cardio-respiratory Endurance Routine

My cardio-respiratory endurance routine is going to consist of jogging for two miles at 60-70% of my max heart rate.

F	I	T	T
3-5 times per week	50-80% of max heart rate	20-30 minutes	Jogging



How to Find Your Max Heart Rate:

$$220 - \text{Your age} = \text{max heart rate}$$

For example:

$$220 - 60 = \underline{204 \text{ beats per minute}}$$

204 is a 16 year old's maximum heart rate. To find your target heart range (50-80% of your max heart rate):

$$\text{Max heart rate} * .5 = 50\% \text{ (low end)}$$

$$\text{Max heart rate} * .8 = 80\% \text{ (high end)}$$

For example:

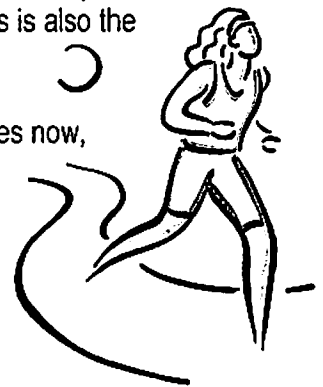
$$204 * .5 = 102 \text{ beats per minute}$$

$$204 * .8 = 163 \text{ beats per minute}$$

A 16 year old's target heart range is 102-163 beats per minute.

There are four target heart rate training zones. The first is the healthy heart zone, 50-60% of max heart rate. Next is the fitness zone, the fat burning zone, 60-70% of max heart rate. Thirdly, is the aerobic zone, 70-80% of max heart rate. Last is the anaerobic zone, 80-100%. This is also the most dangerous zone.

For my purposes, the fitness zone is perfect. I am just looking to maintain my abilities now, not improve them. It trains muscles to burn fat and increases the amount of calories burned and that is also perfect for me. I do not need to train for an endurance event so the aerobic zone is not for me. The fitness zone has all the benefits I need.



Resistance/ Weight Training

The ten muscle groups that my workout is targeting are: deltoids, trapezius, pectorals, latissimus doris, biceps, triceps, rectus abdominis, quadriceps, leg adductors, and gastrocnemius.

ALL WEIGHTS THAT YOU USE IN TRAINING MUST BE APPROPRIATE FOR WHAT YOU CAN HANDLE. DO NOT USE A HEAVIER WEIGHT THAN YOU KNOW YOU ARE COMFORTABLE WITH.

Resistance and weight training exercises:

Deltoids: Staggered Arm Pushups:

- Lie on the floor with your arms shoulder width apart and your feet together.
- Rise up so your elbows are straight, back is straight and toes are on the ground.
- Stagger your hands so that one is further ahead of the other.
- Bend your elbows so that your torso is closer to the floor, without bending your back, while inhaling.
- Push yourself back up into the arms extended position and exhale.
- Repeat as necessary.

Band X Cross Country Skiing:

- Using an exercise band, stand with one foot on the center of the band and your hands gripping the handles at shoulder height.
- Have your other foot one step behind you.
- Extend one arm forward and one arm back, straight. This is simulating a skiing position.
- Repeat as necessary.
- Switch your foot position and repeat.

Trapezius: Chin Ups:

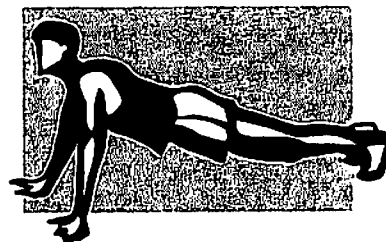
- Extend your arms and take a wide overhand grip on a chinning bar.
- Inhale and pull yourself upward until your eyes are above the level of the bar, using only your upper body.
- Exhale as you return to the starting position.
- Repeat as necessary.

Seated Rows:

- Using a rowing machine, place your feet against the footstops and lean toward the pulley.
- Inhale and pull the handle until it touches your lower rib cage, arching your back.
- Be sure as you do this the elbows travel as far back as possible.
- Exhale as you complete.

Pectorals: Pushups:

- Repeat as necessary.
- Lie on the floor with your arms shoulder width apart and your feet together.
- Rise up so your elbows are straight, back is straight and toes are on the floor.
- Bend your elbows so that your torso is closer to the floor, without bending your back, while inhaling.
- Push yourself back up into the arms extended position and exhale.
- Repeat as necessary.



Dumbbell Flys:

- Lie flat on a narrow bench to allow movement of your shoulders.
- Make sure your feet are flat on the floor.
- Hold the dumbbells with your arms extended out in front.
- Inhale then lower the dumbbells until your elbows are at shoulder height.
- Exhale and raise the dumbbells back into the original position.
- Repeat as necessary.

Latissimus Dorsi: Dorsal Raise:

- Lie on your stomach on the floor.
- Keep your toes on the floor.
- Place your hands underneath your forehead.
- Lift up your torso using only your back muscles, leaving your feet and arms on the ground and inhale.
- Raise up 4-6 inches and hold for a second.
- Lower the torso back onto the ground.
- Repeat as necessary.

1 Arm Bent Over Row:

- Place your right knee and left hand on a bench and your left foot flat on the ground.
- Holding a dumbbell in your right hand down near the top of the bench, bring it up to shoulder height as you inhale.
- Hold, and return to normal position while exhaling.
- Repeat as necessary.
- Switch.

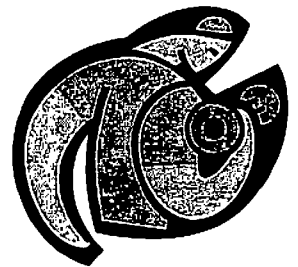
Biceps: Curls:

- Sit on a bench with a dumbbell in each hand and your hands at your sides.
- As you inhale raise one arm at a time turning your palm up.
- Raise your elbow to continue curling the dumbbell.
- Release, exhale and lower it down.

- Repeat as necessary.
- Switch.

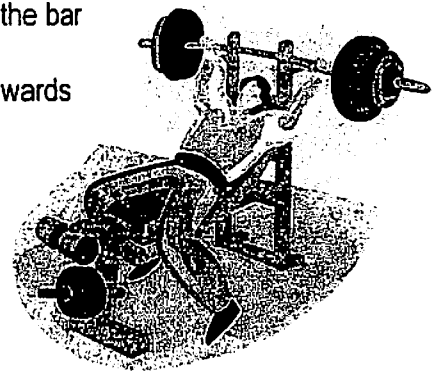
Hammer curls:

- Sit on a bench and grasp a dumbbell in each hand with your palms facing inward and arms at your sides.
- Inhale and curl the dumbbell to your shoulder, one at a time.
- Repeat as necessary.
- Switch.



Triceps: Triceps Extensions:

- Lie on a flat bench and take an overhand grip on the bar with your arms extended.
- Inhale and bend your elbows and bring the bar towards your forehead.
- Return to the starting position as you exhale.
- Repeat as necessary.

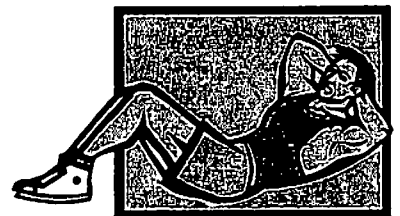


Seated dumbbell triceps extensions:

- Sit holding the dumbbell in both hands behind your neck.
- Inhale and extend your arms straight until they are above your head.
- Exhale as you lower them down.
- Repeat as necessary.

Rectus abdominis: Crunches:

- Lie on your back and place your hands behind your head.
- Flex your hips and knees to a 90 degree angle (off the floor)
- Inhale and lift your shoulders off the floor, moving your knees closer to your head by shortening your torso.
- Exhale and return to the starting position.
- Repeat as necessary.



Incline bench sit-ups:

- Sit on the bench and hook your feet under the roller pads.
- Place your hands behind your neck.
- Inhale and incline your torso less than 20 degrees.
- Move your torso back up, slightly curling your torso to place more stress on the rectus abdominis.
- Exhale as you complete.
- Repeat as necessary.

Quadriceps: Wall sits:

- Place your back flat against a wall.

- Lower yourself until your legs are at a 90 degree angle and it is like you are sitting in a chair.
- Hold for as long as possible.
- Repeat as necessary.

Lunges:

- Stand with your feet hip-width apart.
- Lift a light barbell to a position across your shoulders and behind your neck.
- Inhale and take a comfortable step forward, keeping your torso as upright as possible.
- Lower your body so that the top of your forward thigh is just below parallel with the floor.
- Return to the starting position, exhale.
- Walk forward with your other foot repeating the steps.
- Repeat as necessary.

Leg adductors: Lying leg curl:

- Lie on your stomach with your elbows bent under you and your hands flat on the floor.
- Keep one leg on the floor for stability and keep your back straight.
- Inhale and bend the knee of the leg that is not on the floor for stability so that your foot comes closer to your butt, taking five seconds for each repetition.
- Exhale and bring your leg back down to the starting position, mirroring the other leg.
- Repeat on both sides as necessary.

Swiss Ball Hamstring Roll:

- Using an appropriately sized Swiss ball, lay so that your back, excluding the shoulder blades, and butt is on the ball.
- Extend your legs and arms so that you are stretching out as far as you can, making sure your hands are supporting your head.
- Exhale and bend your legs to create a 90 degree angle and roll the ball up your spine so that only your shoulder blades are touching the ball.
- Hold for five seconds and return to the normal position, while inhaling.
- Repeat as necessary.

Gastrocnemius: Line jumps:

- Using a line or extended mark in the floor, stand to the left of it with your feet together.
- Jump side to side over the line with your feet together for one minute. Be sure not to touch the line.

Wall jumps:

- Stand facing a wall with your arms extended as high as you can.
- Jump as high as you can, repeatedly, for one minute without stopping and trying to make your jump higher each time.

Muscular Strength and Endurance

F	I	T	T
2-4 days per week	50-80% of 1rm	1-6 sets of 4-15 reps	Resistance training



Muscular Strength and Endurance Training Log

Date	Muscle Group	Exercise Performed	Reps	Heart rate at end	% of Max Heart Rate

Conclusion

If I were to implement this fitness program I would receive many benefits, fitness, physiological, health, and emotional benefits. Obviously, my cardio-respiratory endurance, muscular strength and endurance, flexibility, and body composition would improve. On top of that I would gain more coordination, speed, agility, power, and balance. In terms of physiological benefits I would have an increased metabolic rate, a stronger heart, increased bone density, improved muscle tone, and increased breathing efficiency. Also, I would have a decrease risk of cardiovascular disease, heart disease, high blood pressure, cancer, diabetes, obesity, and stroke, all amazing health benefits. Furthermore, the emotional benefits would be immense also. It would relieve depression and anxiety, improve my mood and self-esteem, improve sleeping, and help manage stress. Exercise puts forth many benefits if

people would just take the time to do it. However, many people are too "lazy" or too "busy" to do it. Your body is designed for movement, if you don't use it, it won't work right. So start exercising and use it.

