

2 Week Workout-Plan

9th, 10th -12th, and Swimming

Task: To continue to perform our class routines 5 days of the week. These exercises are broken down into our warm-up, standing and sitting stretches, muscle endurance and strength exercises, and cardiovascular endurance exercises. Please follow the plan as instructed. You will also need to record all your exercises on the workout log.

Warm-up

Choose one of the 3 warm-ups to do every day for about 2 minutes. Then cool down for 2 minutes before you start stretching.

Standing Stretches:

Complete all standing stretches daily.

Sitting Stretches:

Complete all sitting stretches daily.

Muscle Endurance & Strength Exercises:

Choose five of the ten muscle endurance and strength exercises daily. Rest in between sets and exercises.

Cardiovascular Endurance:

If at all possible power walk, bike, and jog around your neighborhood for about a minimum of 8 minutes.

Daily Workout Log:

Write down each day the warm-up, exercise, muscle endurance and strength and what kind of cardiovascular exercise you performed.

Write down what warm up you performed for each day.

Write down 5 muscle endurance and strength performed for each day.

Write down your cardiovascular exercised performed for each day and time you performed.