Developing a Workout Plan

Click "Present" to begin!

Engage

We will watch this video together as a class.

[National Standards and GLOs addressed via this Hyperdoc.]

Drive version if YouTube unavailable:
https://bit.ly/3i1ksg0

~by Becky Foellmer

Tech it Up

Developing a Workout Plan

Explore

You will explore these resources in pairs, giving you the opportunity to discuss what you've learned before writing about it. You will have to exit "Present" mode to do your writing.

What is FITNESS?

What are the 5 Components of Fitness?

How often should I exercise?

Which exercises should I be doing?

Links	Things I Learned
Click here for article and video	
Click here for article and video	
Click here for articles	
Click here for article	

Developing a Workout Plan

My Workout Plan

Using what you just learned, create your workout plan!

Explain/Apply

Week 1

Fitness Component	Exercise or Exercises	How Often?/How Long?	Why did you choose this?
Muscular Strength			
Muscular Endurance			
Cardiovascular Endurance			
Flexibility			
Body Fat Composition			

Developing a Workout Plan

Reflect

1. Return to this presentation after you have used your workout for a week.
2. Right click on the previous slide (Slide 3) over on the left and choose duplicate slide.
3. You will now have a copy of your workout as Slide 4.
4. On Slide 4, make any changes that you want to make to your workout for the next week.
5. In the column “Why did you choose this?”, explain why you either are continuing with your chosen exercise or why you have replaced it or changed “How Often?/How Long?”.

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What is Physical Fitness?

OCTOBER 01, 2017

Physical fitness refers to one's overall measure of physical, bodily health; it is typically made up of things such as cardiovascular endurance and body composition, as well as overall muscular strength and stamina. Fitness is often broken down into two categories. These are general fitness, also known as health related fitness, as well as specific fitness, also known as performance, or skill related fitness.

General fitness refers to one's overall levels of health, such as those measures mentioned above, including overall endurance. Specific fitness, on the other hand, refers to one's ability to perform specific physical tasks, as related to one's occupation or when playing sports. There is no standard definition for fitness, whether one is referring to general or specific fitness, and different measures or skill levels might lead to different conclusions. Cardiovascular measures as well as body composition measures are some of the most commonly used definitions for determining whether or not someone is physically fit.

When cardiovascular endurance is used to determine one's fitness level, the heart rate is the measure that is often used. Resting heart rate, as well as the maximum heart rate that one achieves, are important when determining cardiovascular health; a measure of the amount of time it takes the heart rate to return to its resting pace after exercise is a good indicator as well. Body composition is another measure of fitness; this refers to one's weight as well as Body Mass Index, or BMI. Genetics play a large part in body composition, which is why a BMI analysis of the percentage of fat versus muscle in the body is a more accurate measure of body composition than just weight.

Other measures of physical fitness are more subjective, such as muscular strength, flexibility, or speed. Skills required to perform a certain job, or play a sport, will also differ for each individual situation. One person's standards of fitness may be drastically different from another's, but they may be equally physically fit. Achieving good fitness takes regular, persistent work; it does not happen overnight, but instead happens gradually over a period of time, generally with a combination of aerobic, strength training, and stretching exercises. A physician or a trainer at a gym may be able to offer specific fitness tests designed to give an individual a clear picture of his or her areas of strength, and where he might need to improve.

Miller, B., and Andrew Jones. “What Is Physical Fitness?” WiseGEEK, Conjecture Corporation, 22 Sept. 2018, www.wisegeek.com/what-is-physical-fitness.htm.

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The 5 Components of Physical Fitness

We all have an idea of what "fit" should look like. For some people, it means having a sleek Hollywood body, while others want to have massive muscles or a perfect hourglass figure. But fitness isn't defined by appearance! There are five components of physical fitness you need to consider:

1. Muscular Strength

This is the "power" that helps you to lift and carry heavy objects. Without muscular strength, your body would be weak and unable to keep up with the demands placed upon it.

The way to increase strength is to train with heavy weights, working in the 4 - 6 or 12 - 15 rep ranges. The heavier the weight, the fewer reps you should perform!

2. Muscular Endurance

Endurance is the ability of your muscles to perform contractions for extended periods of time. Rather than just lifting or carrying something for a few seconds, the muscles are used for minutes.

The way to increase strength is to train with light weights, working in the 20 - 25 rep range. Working with lighter weight will train the muscle fibers needed for muscular endurance, and the higher rep range leads to a longer period of exercise.

3. Cardiovascular Endurance

Cardiovascular endurance is your body's ability to keep up with exercise like running, jogging, swimming, cycling, and anything that forces your cardiovascular system (lungs, heart, blood vessels) to work for extended periods of time. Together, the heart and lungs fuel your body with the oxygen needed by your muscles, ensuring that they have the oxygen needed for the work they are doing.

The Cooper Run (running as far as possible in 12 minutes) is a test commonly used to assess cardiovascular endurance, but many trainers use the Step Test (stepping onto a platform for 5 minutes). Both are accurate measures of a subject's cardiovascular endurance.

4. Flexibility

Flexibility is one of the most important, yet often overlooked, components of physical fitness. Without flexibility, the muscles and joints would grow stiff and movement would be limited.

Flexibility training ensures that your body can move through its entire range of motion without pain or stiffness.

To test your flexibility, lean forward and try to touch your toes. Those with good flexibility will usually be able to touch their toes, while those with limited flexibility will not. The sit and reach test (sitting on the floor and reaching toward your toes) is another good way to assess your flexibility. The more flexible you are, the closer you will come to touching your toes and beyond.

5. Body Fat Composition

Body fat composition refers to the amount of fat on your body. For example, a 100-pound person with a 25% body fat composition will have a lean body mass of 75 pounds.

To qualify as fit:

- Men must have a body fat composition lower than 17 percent
- Women must have a body fat composition lower than 24 percent

The average man tends to have about 18 to 24 percent body fat, while the average woman has 25 to 31 percent body fat.

Any program that neglects one or more of these types of fitness is NOT going to benefit your body in the long run. An effective fitness program will attempt to improve all five components of fitness!

Three Benefits of Sweating

Some people get lucky and are born with fit, toned bodies. **Andy Peloquin** is not one of those people... Fitness has come hard for him, and he's had to work for it. His trials have led him to becoming a martial artist, an NFPT-certified fitness trainer, and a man passionate about exercise, diet and healthy living. He loves to exercise -- he does so six days a week -- and loves to share his passion for fitness and health with others.

"The 5 Components of Physical Fitness / Fitness / Body Building." / Fitness / Body Building.
www.fitday.com/fitness-articles/fitness/body-building/the-5-components-of-physical-fitness.html

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How Often Should You Exercise?

When it comes to weight loss you may have wondered how often to exercise. Do you have to work out every single day, or should you allow a day or two of rest in between? And does it differ when you're doing cardio workouts or weight training workouts?

How often you should exercise is a complicated question. It depends on a variety of factors:

- Are you new to exercise?
- Do you have any injuries or limitations?
- What is your health like?
- What kind of exercise do you want to do?
- What does exercise mean to you?

The recommended minimum amount of exercise per day according to NHI is 150 minutes of moderate exercise per week or 75 minute of vigorous exercise per week. Or a combination of the two. One hundred and fifty minutes works out to two hours and thirty minutes a week. So, technically, you could break that down into seven 21-minute sessions of moderate exercise, and do that every day.

But when it comes to exercise, variety is the key. And you might want to work out longer on some days, and not so much on other days. Depending on your personal fitness goals, how often you should exercise will vary. But it's important to **work your way UP to the minimum amount** of 150 minutes of moderate exercise per week.

Exercising too hard or too often can cause injuries. And if you overdo it, the soreness you feel may make you swear off exercise all together!

Here's how to get an idea of a starting off point:

1. Write down how much exercise you get now each day. Even if it's walking. Walking *is* exercise, too.
2. Decide on what type of exercise you're going to do Will you be doing cardio? Weight training? A combination?
3. Check out the minimum for cardio and weight training down below. What's the minimum of that you can do each week?
4. Create a workout plan. It could be something as simple as walk around the block each day.
   Pro Tip: Start off with exercises that you love to do!

How Often Should You Do Weight Training?

Most experts say that weight training should not be done every day because resistance exercises that stress your muscles actually create small tears in the muscle fibers, and the muscles then need 24-48 hours to heal and repair themselves.

Aim for 2 to 3 strength training sessions per week, lifting weights heavy enough to fatigue the muscles (or a few reps before). Beginners can start with one set of 8 to 10 exercises that covers all the muscle groups.

Don't have any weights? You can do body weight exercises such as pushups, squats or tricep dips.

How Often Should You Do Cardio?

Cardio workouts get your heart pumping and **can be done 3 to 5 times a week, for 20 to 60 minute sessions**. Brisk walking, swimming, low-impact aerobics, using an elliptical machine or moderate paced bicycle riding shouldn't strain your muscles too much and they can help you burn more calories and aid in weight loss.

See: Calculate Your Target Heart Rate Zone

How Often Should You Do Stretching Exercises?

It seems everybody forgets about stretching, yet it's an important part of any exercise program.

Stretch at least 2 to 3 times a week minimum and up to 5 to 7 times a week, ideally.

Stretch all muscle groups for 15 to 30 seconds per rep.

The ideal time to stretch is right after a cardio workout.

Should You Exercise Every Day?

Yes, you should be doing some kind of activity every day. You don't want to sit or lie down all day, right?

Mix up the type of exercise you're doing so that you're not doing the same type on consecutive days. But give yourself at least one full day off from any kind of official exercise routines. A day off from working out is a great way to not only allow some well-deserved rest for your body, but also to help you relax mentally and emotionally.

Even though working out is mostly a physical activity, your mind and emotions are involved too, and pushing yourself too hard can actually have some adverse effects in the form of feeling stressed, frustrated, overwhelmed or "burned out."

A Typical Week of Exercise Might Look Like This

Monday: Cardio (walk) + Stretch
Tuesday: Weight Training (Upper Body) + Stretch
Wednesday: Cardio (walk/jog) + Stretch
Thursday: Weight Training (Lower Body) + Stretch
Friday: Cardio (Bikram Yoga) + Stretch
Saturday: Cardio (hike) + Stretch
Sunday: Active Rest (light walking, light gardening)

No matter how often you exercise, you need to listen to your body because there is such a thing as overtraining.

Symptoms of overtraining include:

- fatigue that won't go away despite rest;
- plateau/decrease in exercise performance;
- problems sleeping;
- moodiness;
- loss of appetite and weight (and not in a good way);
- muscle soreness;
- increased resting heart rate.

How Long Should You Work Out?

The duration of your work out depends on you and what kind of workout you're doing.

In a way, it's not the amount of time; it's what you do with that time.

If you spend 60 minutes weight training but half of that is spent talking with other people or you're not working out very hard, then it's not really a 60 minute workout, right?

The only way you'll know how long your workout should be is to start working out. If you're a beginner, keep your workouts short. Once you get an idea of what you can do, you can increase the duration of your workouts.

For example, if you don't walk a lot, maybe a 15 minute cardio workout will be good for you. Jump in, get a feel for things and then make adjustments.

"How Often Should You Exercise?" FitWatch, 3 Nov. 2010. www.fitwatch.com/blog/how-often-should-you-exercise.

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How Often Should You Workout?

FEBRUARY 17, 2008

Once a week? Twice a week? Every day? There are several things to consider. You have to balance weight management and muscle gains with how much time you're willing to invest.
First, some basic information:
There are two different activities people do when they try to get in shape. Cardio and resistance training.

Cardio exercises -- are designed to increase the amount of oxygen your body is consuming and burn off fat. Your heart and lungs pump blood to the arteries to deliver oxygen to the working muscles. More oxygen gives your muscles a greater capacity to work. When you do these activities in your "aerobic zone" it means you're burning fat at an optimal level.

Resistance training programs -- are meant to increase your muscle mass. When you workout, the muscles are torn down. As you rest, they rebuild themselves and come back stronger.
The bottom line: Cardio activity is best at burning fat and resistance training is best at building muscle. They should be used together for best results. Now this begs the question, how often should you work out?
Researchers found that Americans weren't exercising nearly enough and the previous guidelines weren't sufficient. Nothing less than an hour a day is the current government suggestion.
Let's face it, most people don't (or won't) spend an hour a day exercising. But you can see results putting in less time. If you're new to working out or have been exercising for less than three years, here are some suggestions.

When fat loss is your primary goal, you should consider cardio exercise four to six times a week, for at least 20 minutes per session. Don't do this for more than an hour though, because after an hour your body will start eating into muscle to keep fueling your body. Resistance train three days a week for about 30 minutes per session so you don't lose muscle mass as the weight drops off. Your ***Total Time Commitment: Minimum Three Hours Weekly.***
If you want to **see even greater weight loss**, increase your resistance training to as high as 60 minutes per session. The reason is simple. The more muscle you have, the higher your metabolism is. A higher metabolism burns more calories throughout the day...making the task of losing weight easier. Your Total ***Time Commitment: Minimum Four and a Half Hours Weekly.***

When building muscle is your main goal, drop the cardio activity down to between three to five days a week for 20 to 30 minutes. Engage in a resistance training program for at least three -- at most five -- days a week. Your resistance programs should last between 30 and 60 minutes. If you're short on time, schedule cardio exercise on the same day as your resistance training, and put it at the end of your workout. Your ***Total Time Commitment: Minimum Three Hours Weekly.***
Those recommendations remain fairly consistent for young adults to people all the way up into their 70s and 80s.
But what if you've been working out for a couple years? Workout too often and your muscles don't have time to fully recover and grow. Don't workout often enough and it'll take you far longer than it should to get into the shape you want. It can take months -- even years -- of experimentation to figure a persons optimum workout frequency. Not anymore.

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Exercises for Physical Fitness Components

Exercises for physical fitness components are important for keeping your body healthy and for increasing overall fitness. The 5 components of physical fitness are cardiovascular fitness, muscle endurance, muscular strength, flexibility, and body composition. **Regular participation in activities within each of these categories offers a** well-rounded fitness program.

Exercises for Cardiovascular Fitness

Cardiovascular fitness **involves the degree to which your body takes in and efficiently uses oxygen for the heart** and muscles during exercises and physical activity. Your cardiovascular system is improved when you do activities on a regular basis that raise your heart rate. The more often you do such activities and the more frequently you increase the intensity of exercise, the higher the increases will be in your level of cardiovascular fitness.

Exercises for cardiovascular health involve anything that gets your heart pumping, such as those activities listed below:

- Swimming
- Jogging
- Hiking
- Cycling
- Rollerblading
- Walking
- Tennis

- Basketball
- Football
- Soccer
- Volleyball
- Water polo
- Skiing/snowboarding
- Mountain biking

The recommended amount of cardiovascular, or aerobic, exercise is 30-60 minutes a day, 3-5 days per week. The higher your fitness level, the more you might crave increased amounts and increased intensity of exercise. Exercises for physical fitness components are a great way to round out and increase all aspects of your fitness.

Exercises for Muscle Endurance

Muscle endurance **is a muscle's ability to sustain and maintain its** effectiveness and efficiency through long periods of exercise activity and exertion. Exercises that enhance muscle endurance are activities like:

- Marathon/Trathlon training
- Long distance running/swimming/cycling
- High mileage hikes/backpacking
- **High-repetition** resistance training or weight lifting

Muscle endurance is muscle-specific, so training one muscle or muscle group (legs) will not transfer the endurance gained to another muscle or muscle group (arms). You must train for endurance separately for each muscle. Sport-specific training is also important for increasing endurance applied to a given sport.

Exercises for Muscular Strength

Muscular strength **is the maximal force that can be exerted in a single voluntary contraction.Strength is a muscle's** ability to carry, lift, push, or even throw a load or weight. The higher the strength, the more weight that muscle can carry and the more force it can exert.

Mostly, when someone is referring to exercises that "tone" the body and create form under the skin, the person is talking about strength-training exercises. These enhance muscle tone and definition and can be one helpful indicator of the health of a person's body.

Men typically have a higher muscle-to-fat ratio than women and can be interested in building more muscle, but it is very important for everyone to maintain muscular strength to help prevent osteoporosis, keep the bones strong, and to create a firm and fit figure. Cardio burns fat, but so does muscle, and it is what provides a beautiful underlying shape to the body.

The recommended frequency for strength-training depends on your level of fitness and your goals, with higher exercise frequency recommended for those with higher fitness levels and goals, and lower frequency and perhaps fewer sets recommended for those at lower fitness levels. Consistent gradual increases should be made for those looking to increase strength. On average, a good guideline is to do a specific exercise around 3 times a week, and perform 3 sets of 10-20 repetitions for each exercise.

"Exercises for Physical Fitness Components." *Physical-Fitness-Exercises.com*, www.physical-fitness-exercises.com/exercises-for-physical-fitness-components.html.

To train for muscular strength, the best exercises for physical fitness components are:

- The use of various weight machines (for abs, shoulders, lower and upper arms, lower and upper back, glutes, thighs, calves, and hamstrings). Weight machines are helpful in stabilizing movements, so they can be beneficial for beginners.
- Free weights (bar bells, dumb bells, medicine balls, kettle bells)
- Resistance bands
- Calisthenics (push ups, pull ups, sit ups, crunches, squats, lunges, leg lifts, chair dips, etc.)

Always remember to warm up and cool down for 5-10 minutes before and after strength-training to increase lubrication around the joints and decrease soreness and risk of injury.
Muscles get toned and build strength by breaking down the individual muscle fibers and then rebuilding stronger. Soreness has a lot to do with this process. Giving the muscles a chance to rest and rebuild by taking a day off between training sessions is an important step in the strengthening process and also in maintaining a strength program. Soreness can also be decreased by stretching...

Stretches for Flexibility

Flexibility is the range of motion through which the limbs are able to move. Increasing flexibility keeps your muscles and ligaments limber and may help decrease risk of injury by stretching tight muscles and releasing tension.
Listed below are a few great flexibility stretches when it comes to exercises for physical fitness components:

- Yoga (my favorite because it incorporates all of the stretches below and simultaneously enhances balance and strength)
- Hamstring stretch (toe touches)
- Runner's stretch
- Quadricep stretch
- Calf stretch
- Tricep/Bicep stretch
- Wrist and ankle twists
- Neck stretches
- Gentle waist twists
- Hip stretch
- Glute stretch
- Groin Stretch
- Inner and outer thigh stretch
- Shoulder stretch and rolls
- Oblique reach and hold
- Abdominal stretch

As mentioned above, flexibility decreases risk of injury, and in my experience, its main benefit is the ability to release tension, which feels absolutely incredible. When you incorporate breathing techniques, as you do with yoga, your body feels invigorated and centered. Stretching can be a very enjoyable addition to any fitness regimen.

Exercises for Body Composition

Body composition is the body's relative amounts of fat, muscle, and bone as compared with body weight and how much each represents out of the whole. Two people weighing the same amount and measuring the same height may look quite different because they have very different body compositions.
A person's aim when it comes to body composition usually involves losing fat and gaining more muscle. Your ideal ratio of fat to muscle depends on your age and sex, but a good starting place for a healthy body would be 8-19% body fat for men ages 20-40, and 20-33% for women ages 20-40.
Exercising for optimum body composition involves doing exercises from each of the categories listed above. Diet also plays a large role in achieving a healthy body composition. Some exercises for achieving a healthy fat-to-muscle ratio are:

- Cardio exercise 3-5 times a week, 30-60 minutes per session
- Exercise in your fat burning zone (see Cardiovascular Fitness and Body Composition for a more detailed explanation on fat-burning).
- Eat a healthy, balanced diet (see Nutrition and Physical Fitness for the best foods for a lean body.
- Build muscle/weight training (muscle also helps burn fat)

Total fitness requires a holistic approach that must incorporate various exercises for physical fitness components. Your fitness routine doesn't have to be complex to achieve your optimum fitness level. Participating in a team or solo sport twice a week, swimming or hiking on Wednesdays, hitting up your local yoga class on Thursdays, and using the weight machines at your gym or doing calisthenics at home a few times a week, or any variation on this, will keep you in excellent shape.
A well-rounded regimen that gives attention to a combination of the exercises for physical fitness components will not only round out your overall health, but it will have you feeling incredible as well!

"Exercises for Physical Fitness Components." *Physical-Fitness-Exercises.com*, www.physical-fitness-exercises.com/exercises-for-physical-fitness-components.html.

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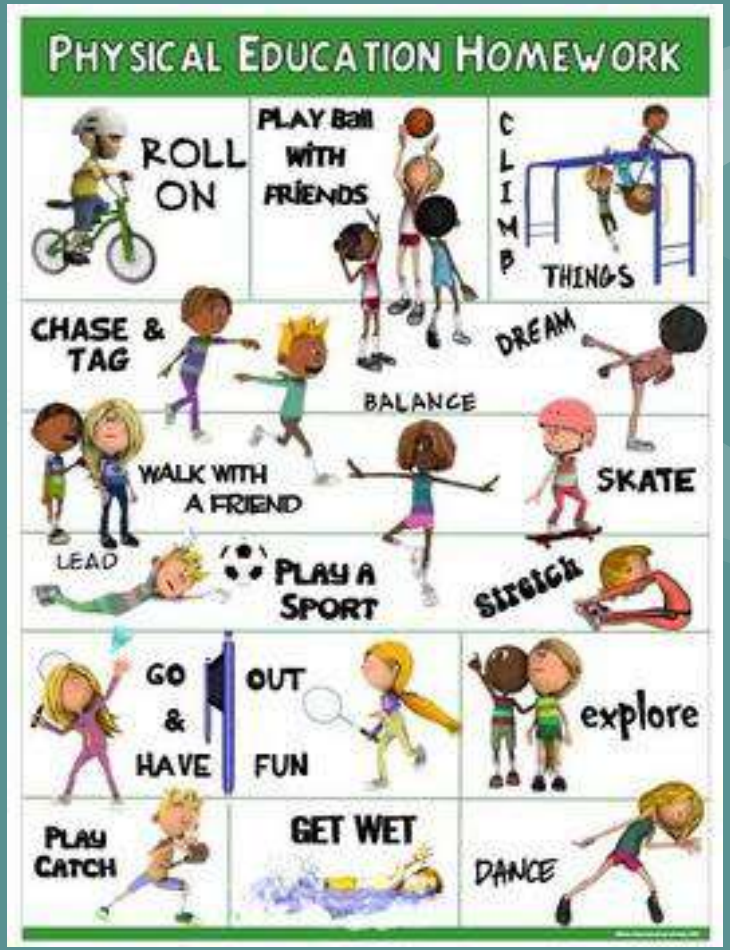

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