

Workout Plan Assignment

In this assignment you will be asked to create a workout plan that requires the following criteria:

- 2 warm up
- 5 exercises
- 2 cool down

You may present this assignment in a video. This workout plan should include the exercise and a description of what the exercise is and which muscle it applies to. When creating a workout plan it is important to use one or two muscle groups that tie together. For example; many of the exercises we perform to improve our shoulder strength also helps our lower back strength. Please pick one muscle group to concentrate on for this assignment. There are many ways to find exercises to use. Some of these ways are:

- 1) Internet
- 2) Charts in the weight room
- 3) Workout videos
- 4) Friends

You may work individually or in partners.

Any online resources should be cited in the assignment. If you choose to do a video you will hand in the video along with a document that shows the resources you have used. Here are the approximate lengths that you should consider when creating this workout plan:

Video (10 minutes)

FIRST THING YOU NEED TO DO IS COME TELL ME WHO YOUR GROUP IS AND WHAT MUSCLE GROUP YOU WILL BE FOCUSING ON!

	1	2	3	4	5
Requirements (Exercises)	The group included only 1 of the required exercises	The group included only 2 of the required exercises	The group included only 3 of the required exercises	The group included only 4 of the required exercises	The group included all of the required exercises
Organization (In the video)	The group's exercises had no organization	The group's exercises showed little organization	The group's exercises were somewhat organized	The group's exercises were organized	The group's exercises were organized and neatly presented
Content (What and Why)	The group did not include the required content	The group had very little of the required content	The group had some of the required content	The group had most of the required content	The group had all of the required content and more
Creativity (Editing, comedy, SE, etc.)	The group used no creativity in the video	The group used very little creativity in this assignment	The group used some creativity in this assignment	The group used creativity in the video	The group used creativity in the video and went beyond expectations
Resources (Citing research and where you got the information)	The group did not cite any of the sources used	The group cited very little of the sources used	The group cited some of the sources used	The group cited most of the sources used	The group cited all of the sources used