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| **TASK SHEET 30: FITNESS GOALS** |

**Student’s Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date**: \_\_\_\_\_\_\_\_\_

**Objectives:**

Upon completion of this lesson, you will:

1. Have read the lesson covering the benefits of weight training.

2. Evaluate personal fitness needs by completing a check list.

3. State your personal fitness goals pertaining to weight training.

**Instructions:**

This lesson will help you to evaluate your fitness needs, thus, enabling you to state your personal fitness goals. First, go back and review lesson #1 on the benefits of weight training. Then complete this lesson. When stating your goals you may want to refer to the benefits listed. Complete the checklist below.

**PERSONAL FITNESS NEEDS & GOALS CHECK LIST**

I. Place a check next to the benefits that you would like to gain.

\_\_\_\_\_\_\_ improve strength

\_\_\_\_\_\_\_ improve muscular endurance

\_\_\_\_\_\_\_ increase muscle size

\_\_\_\_\_\_\_ decrease body fat

\_\_\_\_\_\_\_ improve appearance

\_\_\_\_\_\_\_ improve self-concept

\_\_\_\_\_\_\_ decrease fatigue

\_\_\_\_\_\_\_ reduce chance of injury

\_\_\_\_\_\_\_ increase physical efficiency and productivity

II. Place a check next to the general areas that you would like to concentrate on and improve.

\_\_\_\_\_\_\_ strength and size

\_\_\_\_\_\_\_ endurance and tone

\_\_\_\_\_\_\_ upper body

\_\_\_\_\_\_\_ lower body

\_\_\_\_\_\_\_ overall (upper & lower) body development

III. Place a check next to the specific areas that you would like to concentrate on and improve.

Gain strength and size in the: Firm and tone the:

\_\_\_\_\_\_\_ arms \_\_\_\_\_\_\_ arms

\_\_\_\_\_\_\_ back \_\_\_\_\_\_\_ back

\_\_\_\_\_\_\_ shoulders \_\_\_\_\_\_\_ shoulders

\_\_\_\_\_\_\_ chest \_\_\_\_\_\_\_ chest

\_\_\_\_\_\_\_ waist \_\_\_\_\_\_\_ waist

\_\_\_\_\_\_\_ thighs \_\_\_\_\_\_\_ thighs

\_\_\_\_\_\_\_ hips \_\_\_\_\_\_\_ hips

\_\_\_\_\_\_\_ calves \_\_\_\_\_\_\_ calves

IV. Study the items that you have a checked. Review the preceding lessons for any information concerning the attainment of these goals.

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| **TASK SHEET 31: DEVELOP AND WRITE A PERSONAL WEIGHT TRAINING PROGRAM** |

**Student’s Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date**: \_\_\_\_\_\_\_\_\_

**Objective:**

Upon completion of this lesson, you will:

1. Develop, write, practice, and modify a personal weight training program demonstrating an understanding of the scientific principles and practical theories covered in this class.

**Instructions:**

This lesson will help you to learn the steps in developing, writing, and modifying a personal fitness and weight training program.

Write an outline of a daily workout to include cardiovascular endurance, flexibility, strength and muscular endurance. You may want to refer to some of the previous lessons for assistance.

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| **TASK SHEET 32: WEIGHT TRAINING CHART** |

**Objectives:**

Upon completion of this lesson, you will:

1. Understand the usefulness of a weight-training chart for monitoring your workouts.

1. Use a weight-training chart to record your exercises.

**Instructions:**

The weight-training chart on the following two pages is an example you can follow to properly sequence exercises and use the principle of progression. Look at the charts. Notice how Kimbie has ordered her exercises beginning with the larger muscles then working the smaller muscles. Also, if you will look at the dates of her workouts and the exercises she performed, you will notice that Kimbie has broken her workouts into upper body days and lower body days. This philosophy is just one of many that is supported in the field of weight training. Basically, any workout that you develop based on the previously explained concepts and principles will be sound. Do you see that Kimbie is constantly striving for improvement as evidenced by her small yet consistent increases in the weight she attempts? Study the chart carefully. You will be required to make a weight-training chart while participating in this class. When you are finished analyzing the chart, go to your instructor and ask for a chart for yourself. Fill in all of the required information at the top of your chart. The “% FAT” and “IDEAL WEIGHT” are optional items. However, you may fill them in if you have access to the information and want to keep a record of it. Keep your chart with you in class. When you have filled one chart completely, keep it in your notebook for your records. Then, get another blank form from your instructor to continue keeping a record of your progress.

\*\*\* **WORK HARD AND HAVE FUN!**

NAME Kimbie AGE 17 SEX F HEIGHT 5’2” WEIGHT 110 lbs.

DATE STARTED PROGRAM September 1, 2021 % FAT 22% TARGET % FAT 22% IDEAL WEIGHT 110 lbs.

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| DATE | |  | 9/1 | 9/2 | 9/3 | 9/4 | 9/5 |  |  |  |  |  |  |  |  |
| EXERCISE | EQUIPMENT | Reps | WT. | WT. | WT. | WT. | QT. | WT. | WT. | WT. | WT. | WT. | WT. | WT. | WT. |
| WARM-UP: | CYCLE: | 1 | 5 min | 5 min | 5 min | 10 min | 10 min |  |  |  |  |  |  |  |  |
|  |  | 10 | 45 | 45 | 45 | 50 | 50 |  |  |  |  |  |  |  |  |
| Incline | Olympic | 8 | 50 | 50 | 50 | 55 | 55 |  |  |  |  |  |  |  |  |
| Bench | Incline | 6 | 55 | 55 | 55 | 60 | 60 |  |  |  |  |  |  |  |  |
| Press | Bench | 4 | 60 | 60 | 60 | 65 | 65 |  |  |  |  |  |  |  |  |
|  |  | 4 | 60 | 60 | 60 | 65 | 65 |  |  |  |  |  |  |  |  |
|  |  | 10 | 30 | 30 | 30 | 30 | 40 |  |  |  |  |  |  |  |  |
| Lat |  | 10 | 30 | 30 | 30 | 30 | 40 |  |  |  |  |  |  |  |  |
| Pull down | Universal | 10 | 30 | 30 | 30 | 30 | 40 |  |  |  |  |  |  |  |  |
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|  |  | 10 | 45 | 45 | 45 | 45 | 50 |  |  |  |  |  |  |  |  |
| Shoulder |  | 10 | 45 | 45 | 45 | 45 | 50 |  |  |  |  |  |  |  |  |
| Press | Olympic | 10 | 45 | 45 | 45 | 45 | 50 |  |  |  |  |  |  |  |  |
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|  |  | 10 | 20 | 20 | 20 | 20 | 30 |  |  |  |  |  |  |  |  |
| Biceps |  | 10 | 20 | 20 | 20 | 20 | 30 |  |  |  |  |  |  |  |  |
| Curls | Olympic | 10 | 20 | 20 | 20 | 20 | 30 |  |  |  |  |  |  |  |  |
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|  |  | 10 | 20 | 20 | 20 | 20 | 30 |  |  |  |  |  |  |  |  |
| Triceps |  | 10 | 20 | 20 | 20 | 20 | 30 |  |  |  |  |  |  |  |  |
| Extension | Universal | 10 | 20 | 20 | 20 | 20 | 30 |  |  |  |  |  |  |  |  |
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|  |  | 20 | 20 | 20 | 20 | 25 | 25 |  |  |  |  |  |  |  |  |
| Abdominal | Slant | 20 | 20 | 20 | 20 | 25 | 25 |  |  |  |  |  |  |  |  |
| Curls | Board | 20 | 20 | 20 | 20 | 25 | 25 |  |  |  |  |  |  |  |  |
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NAME Kimbie AGE 17 SEX F HEIGHT 5’2” WEIGHT 110 lbs.

DATE STARTED PROGRAM September 1, 2021 % FAT 22% TARGET % FAT 22% IDEAL WEIGHT 110 lbs.

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| DATE | |  | 9/1 | 9/2 | 9/3 | 9/4 | 9/5 |  |  |  |  |  |  |  |  |
| EXERCISE | EQUIPMENT | Reps | WT. | WT. | WT. | WT. | QT. | WT. | WT. | WT. | WT. | WT. | WT. | WT. | WT. |
| WARM-UP: | CYCLE: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 10 | 100 | 100 | 100 | 100 | 110 |  |  |  |  |  |  |  |  |
| Leg |  | 8 | 120 | 120 | 120 | 120 | 130 |  |  |  |  |  |  |  |  |
| Press | Universal | 8 | 120 | 120 | 120 | 120 | 130 |  |  |  |  |  |  |  |  |
|  |  | 8 | 120 | 120 | 120 | 120 | 130 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 10 | 50 | 50 | 50 | 50 | 60 |  |  |  |  |  |  |  |  |
| Leg |  | 10 | 50 | 50 | 50 | 50 | 60 |  |  |  |  |  |  |  |  |
| Extension | Universal | 10 | 50 | 50 | 50 | 50 | 60 |  |  |  |  |  |  |  |  |
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|  |  | 10 | 30 | 30 | 30 | 30 | 40 |  |  |  |  |  |  |  |  |
| Leg |  | 10 | 30 | 30 | 30 | 30 | 40 |  |  |  |  |  |  |  |  |
| Curls | Universal | 10 | 30 | 30 | 30 | 30 | 40 |  |  |  |  |  |  |  |  |
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|  |  | 10 | 60 | 60 | 60 | 60 | 70 |  |  |  |  |  |  |  |  |
| Heel | Heel | 10 | 60 | 60 | 60 | 60 | 70 |  |  |  |  |  |  |  |  |
| Lift | Lift | 10 | 60 | 60 | 60 | 60 | 70 |  |  |  |  |  |  |  |  |
|  | Machine |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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