**Linden Meadows Fitness Project – Create a Fitness Workout**

**Objective -** To create and perform a 30min fitness program, using the components of fitness. This workout should be one that is realistic and uses the equipment and facilities you have access to. As with any fitness program make it fun and something you would like to do.

**Criteria** – Your Fitness workout must target TWO of the three areas; **(1)** Cardiovascular Endurance **(2)** Muscular Endurance or **(3)** Flexibility. The order of your workout must be as followed:

1. Warm-up (ex. dynamic stretches) - needs to be at least 3mins
2. Main part (containing at least 10 different exercises) - needs to be at least 20mins
3. Cool-down (ex. Static stretches) - needs to be at least 3mins

Types of fitness workout plans you can do:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **YOGA** | **FULL BODY**  | **ZUMBA** | **STRENGTH TRAINING** | **JUMP ROPE** |
| **CIRCUIT**  | **CORE** | **UPPER BODY** | **LOWER BODY** | **ENDURANCE** |

A written copy must be handed in to your PE Teacher

Reflection:

Provide two reasons about the importance of a warm-up:

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Provide two reasons about the importance of a cool-down:

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After performing your workout, is there anything you would change? Was it too hard, too easy, too short, and too long? If so (or not) Explain.

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*Warm Up (3mins)*

*Main Workout (20mins)*

*Cool Down (3mins)*