NAME		PERIOD
1.	DEF	INE
	a.	Muscular fitness
	b.	Muscular endurance
		More repetitions or fewer repetitions?
	c.	Lighter weights or heavier weights?  Muscular strength
		More repetitions or fewer repetitions? Lighter weights or heavier weights?
2.	<b>DEF</b> fitness	INE AND GIVE EXAMPLES of the following methods for achieving muscle s:
	a.	Weight Training Definition
		Examples
	b.	<u>Calisthenics</u> Definition
		Examples

c.	<u>Isometric Exercise</u> Definition	
	Definition	
	Examples	
d.	Resistance Bands	
	Definition	
	Enough 1-2	
	Examples	
e.	Core training	
	Definition	
	Examples	
Go to	WDHS>Curriculum>H/PE>Weight training	
Of th	ne STRENGTH TRAINING BENEFITS listed here, list 6 THA	AT YOU FEEL
ARE	MOST IMPORTANT TO YOU.	
a.		
b.		
c.		
f.		
LIST	GUIDELINES for resistance training	
a.		
b.		
c.		

3.

4.

	d.		
	e.		
	f.		
	g.		
	h.		
5.	DEFI	INE the following:	
	a.	Principle of Individual differences	
		-	
	b.	Principle of Overload	
	c.	Principle of Progression	
	d.	Principle of Adaptation	
	e.	Principle of rest and recovery	
	f.	Principle of Reversibility (use/disuse)	
	g.	Principle of Specificity	

	For resistance training
b.	INTENSITY: explain
	For resistance training
c.	TYPE: explain
	For resistance training
d.	TIME: explain
	For resistance training

- 7. SET UP PERSONAL STRENGTH WORKOUT
- 8. PERFORM YOUR WORKOUT FOR 2 WEEKS AND KEEP A LOG



#	Muscle group	Exercise (you choose an exercise to target the specific muscles listed)	Date	Date	Date	Date	Date	Date
	Deltoids (shoulders)		Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt
	Pectorals (chest)		Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt
	Trapezius (upper back)		Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt
	Biceps		Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt
	Triceps		Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt
	Abdominals		Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt
	Obliques (sides in front)		Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt
	Latissimus Dorsi (lower back/sides)		Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt
	Gluteals (buttocks)		Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt
	Quadriceps (front upper leg)		Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt
	Hamstrings (back of leg)		Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt
	Calf		Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt	Reps/Wt

#### 9. EVALUATE YOUR PROGRAM

a.	Did your program include a minimum of 2 days of strength training?
b.	What are all the things that you liked about your program?
c.	What are the things that you disliked about your program?
d.	Was it difficult to stay with the program? If so, why?
e.	Do you think you will continue doing your workouts? Why or why not?
f.	Did your body feel any differently due to your workouts? Explain.
g.	Was your mood affected by your workouts? Explain.