

Design Your Own 2 Week Home Fitness Program Assessment

Day	Exercises	Area
Monday	rest	
Tuesday	6 (5 Forward lunges), 10 second breaks 5 (4 Standing quad stretch) 5 (3 Seat stretch) Pilates: beginner level, 25 mins	Core strength, flexibility
Wednesday	6 sets of (5 reps of weight lifting (3kg)) 8 (5 burpees), 20 second rest between sets	Muscular strength
Thursday [Camping]	4 (10 Push ups) 10 second rest between sets 3(8 squats) 10 second rest between sets	Muscular strength, flexibility
Friday	Hiking/walking along beach	Cardiovascular
Saturday	Kayaking (idk how long) 3 sets(Russian twist x 20), 10 second rest between sets 3 (45 second Plank), 20 second rest between set	Core strength
Sunday	skipping	Cardiovascular

Day	Exercises	Area
Monday	rest	
Tuesday	Pilates: 6 (5 Forward lunges), 10 second breaks 5 (4 Standing quad stretch) 5 (3 Seat stretch)	Core strength, flexibility
Wednesday	Weight lifting (3kg) 8 sets (5 reps of burpees), 30 second rest between sets	Muscular strength
Thursday	4 (10 Push ups) 10 second rest between sets 3(8 squats) 10 second rest between sets	Muscular strength, flexibility
Friday	4km run	Cardiovascular

Saturday	3 sets(Russian twist x 20), 10 second rest between sets 3 (45 second Plank), 20 second rest between set	Core strength
Sunday	skipping	Cardiovascular

Pictures of Exercises:

Russian twist

Knees bent at a 90-ish degree angle

Twisting to the right

Twist to the left

Feet slightly lifted//on the floor

Not this twist.

- Sit with your legs slightly bent at a 90-ish degree angle at the knees
- Lean backwards so you are making a V shape with your body and legs
- Lift your feet slightly off the floor (or place them on the if it is too hard)
- Twist your body until you're facing the right then twist till you're facing the left
- You may hold a medicine ball and tap it on the floor beside you with each twist.
- Repeat until you complete your set
- This exercise is aimed at your abdominal muscles, which is in the area of core strength

Plank

Hands in line with forearms

Not arched back

Rest of body in push up position

Elbows directly under shoulders

What planks shouldn't look like.

- Get in a push up position
- Bend your elbows at a 90 degree angle and rest your forearms on the floor, making sure your elbows are directly under your shoulders and your hands aren't clasped
- Make sure your back is not arched
- Hold this position for however long you need/want
- This exercise uses your abs, quads, shoulders, hamstrings,

Burpee

Feet are shoulder width apart (even though you can't really see)

- Stand with feet shoulder width apart
- Tuck down in a low squat position
- Place your hands flat on the floor
- Jump back into a push up position and complete a push up
- Go back to the low squat position and jump up
- Repeat until you have done the amount of reps wanted.
- Muscles used: Glutes, quads, core, calves, shoulders, chest, triceps; core strength and muscular strength.

Forward lunges



- Stand with feet shoulder width apart
- Take a large step forward with your right leg
- Lower your body until your left knee is just above the floor
- Make sure your right knee is approximately above your right ankle
- Hold this position for a few seconds before return to starting position
- Repeat on opposite leg
- Forward lunges uses leg muscles: hamstrings, quads, hip muscles, gluteus maximus, calf muscles and inner thighs
- This falls under muscular strength

Yoga



<https://www.yogajournal.com/poses/anatomy/>

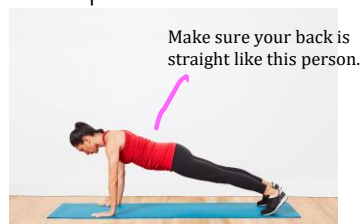
- It's an anaerobic exercise
- Yoga is an exercise that improves strength balance and flexibility
- The link above has different yoga exercises and what they are aimed at
- You can find classes/ tutorials on YouTube

Pilates



- Pilates was created by someone with the surname Pilates
- It is a cross between ballet and yoga
- Most exercises are aimed at your core and it is more fast paced than yoga
- https://www.youtube.com/watch?v=NyP_waVgL1w that is one of the videos I followed

Pushups



- Go on your arms and legs, like you are crawling
- Make sure your arms are shoulder width apart with your hand facing forward
- Extend your legs and go on your toes
- Make sure your back and legs are straight, (your body isn't sinking)

Standing quad stretch



- Stretch is aimed at your quad/ thigh muscle
- It is under flexibility

walking



- There isn't really any technique to walking
- It an aerobic / cardiovascular exercise
- Depending on how long and intense the walk is, you can get different results I guess
- Muscles used are quads, hamstrings, calf and hip adductors

- Push your arms down until your body is just above the ground or until you are sort of straining
- Extend your arms again and you have now completed a pushup
- Repeat as many times as you want
- To make it easier you can go on your knees instead of your feet
- Muscles used are chest muscles, deltoids, triceps, abdominal muscles
- Muscular strength

kayaking



<https://www.rei.com/learn/expert-advice/getting-started-kayaking.html>

- kayaking falls under muscular strength, cardiovascular and core strength
- The muscles it uses are abdominals, biceps, forearms and lats

Seated fold



- Seated fold aimed at hamstrings and calf muscles
- In the area of flexibility

Squats

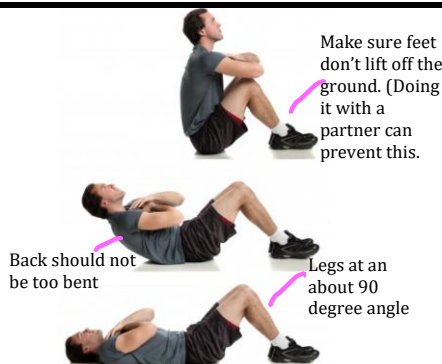


- Make sure you aren't balancing on your toes because then you will fall over
- Squats are in the area of muscular strength
- Muscles used are gluteus maximus, quads, hamstrings, calves, and hip flexors

Sit up

Cycling

Running



Make sure feet don't lift off the ground. (Doing it with a partner can prevent this.)

Back should not be too bent

Legs at an about 90 degree angle

Start with back on floor, raise your body from your hips and the lower again to the start position. Repeat.

- They are under the area of core strength
- Sit ups use abdominal, chest and neck muscles and hip flexor



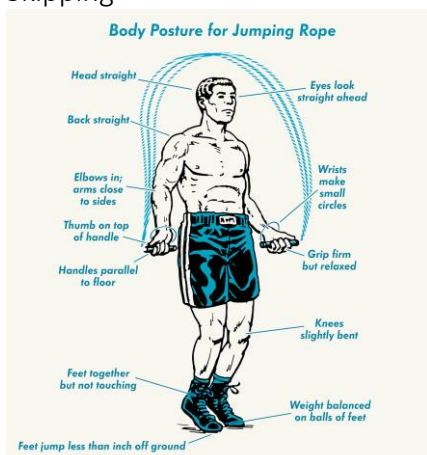
- Umm how do I tell you how to ride a bike...
- Cycling is under the category of cardiovascular and the intensity can change depending on where you go or what gear your are on and things like that
- It targets your quads thighs, calves, hamstrings and glutes

Perfect Your Running Form



- Muscles used are mostly quads, glutes and hamstrings
- Under area of cardiovascular

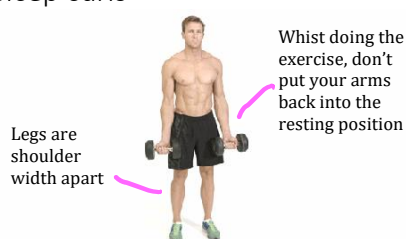
Skipping



- Skipping is in the fitness area of cardiovascular
- "A jump rope will work your *calf muscles, quads, hamstrings, glutes, abs, oblique muscles, forearms, biceps, triceps, shoulders, back muscles, and chest muscles.* Not only are you building strength in your lower body, but you're also engaging your entire upper body to control the force when you swing the rope."

<https://www.crossrope.com/blogs/blog/jump-rope-benefits/#:~:text=A%20ju>

Bicep curls



Bring arms with weights to your shoulders and return to just above the starting position.

- The muscle this exercise is aimed at is your biceps (as you can tell from the name)
- It is under muscular strength

mp%20rope%20will%20work,when%20you%20swing%20the%20rope.		
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REFLECTION

In my fitness program, I just tried to cover all areas of fitness. I think I focused more on core/ muscular strength though. I think I made my exercises too short each day and didn't stick to it very well. If I stuck to it exactly and added more exercises, I think my cardiovascular system and muscle system would benefit the most.

My fitness program was kind of hard to follow as I went camping in the first week and I tried to incorporate the activities I did at camp and it got confusing. I think because I did so little reps and sets of each activity, while each one did make me quite tired in the aimed area every time I did it, it didn't improve anything overall. Like the first week I did burpees, I did them at the exact same intensity the next week and still got tired in the same(-ish) amount.

Also I realized, I forgot to write the reps and sets for skipping, so I just did random times without checking. And other things like 4km run and hike/walk along beach didn't have their set times.

I really could improve on this fitness program to make it easier to follow, like maybe next time, I wouldn't do so many activities (it's confusing and I don't find it very ... satisfying). I would also set certain times to do the activities so I won't skip days in the program unless I need to. Also next time I would set an overall goal so it feels like I have actually achieved something. I think I was meant to do that for this task but I had forgotten to do that (as I forgot the rubric existed).

(yeah sooooo I just didn't do very well with this task... 🙄🙄🙄🙄🙄)