

Design Your Own 2 Week Home Fitness Program Assessment

Research:

Cardiovascular:

1. jogging
2. running
3. Brisk walking
4. Squat jump

Strength (upper body):

1. push-ups (chest exercise)
2. inverted row (back exercise)

Strength (Lower body):

1. squat (thigh exercise)
2. Calf raise (calf exercise)

Flexibility:

1. Vertical leg press—lower body strength and cardiovascular
2. Unilateral lateral leg press—lower body strength and cardiovascular
3. Chest stretch—upper body strength
4. Back stretch—upper body strength

Corn exercise:

1. plank
2. side plank
3. sit ups
4. Reverse Crunch

Above level question: *the appropriate selection of exercises in relation to each key area of fitness*

Throughout our knowledge learned from this term, we roughly build up a concept of Cardiovascular, Strength, flexibility, and corn exercise. About how to select appropriate exercises for each of them. First, we must Choose exercise depends on your ability at the moment, you can't try to do things that is too hard for your ability. Otherwise, we would get injured. The second point is that we need to clearly understand the way of exerting force for each exercise to avoid wrong option, and only mobilize the muscles that should be used. This is the most effective method for exercises. The last point is that we need to gradually increase the intensity of the training after giving the muscles enough time to rest. For my choice of cardiovascular, I think they are convenient and not very difficult, also easy to control the intensity. About strength, all the exercise I've chosen is convenient too and I interpreted specifically which part I'm exercising with. All the exercise for flexibility is depends in the other exercises. This allows us to relax the muscles while we are exercising flexibility, and it is also easier and more useful to do flexibility after exercise. But corn exercise is different to others, it is not a particular area of muscle, it is a group of muscle. So, when we are deciding what exercise should we do for this, we should determine whether it could actually mobilize our corn muscle or not.

Commented [DF1]: For cardiovascular 1 and 3, I will put them together in Monday. For 2 and 3, I will put them in Wednesday.

Commented [DF2]: For upper body strength, I will put 1 and 2 at Tuesday because upper body strength because it won't let me get too tired especially I had cardiovascular exercise on Monday. So I think I shouldn't do too much exhausting training on Tuesday.

Commented [DF3]: For lower body strength I will put the on Friday. Because leg training is the most physically demanding, it should takes a day to repair after the first three days of training.


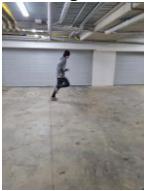

Commented [DF4]: This part is special, events of flexibility is better to be done immediately after exercise, this also helps to relax my muscle. I have summarized at the end about when these events belongs to







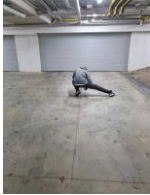



Commented [DF5]: I would like to put corn exercise at Saturday because my body need another day for rest to prepare for the cardiovascular training on next Monday.

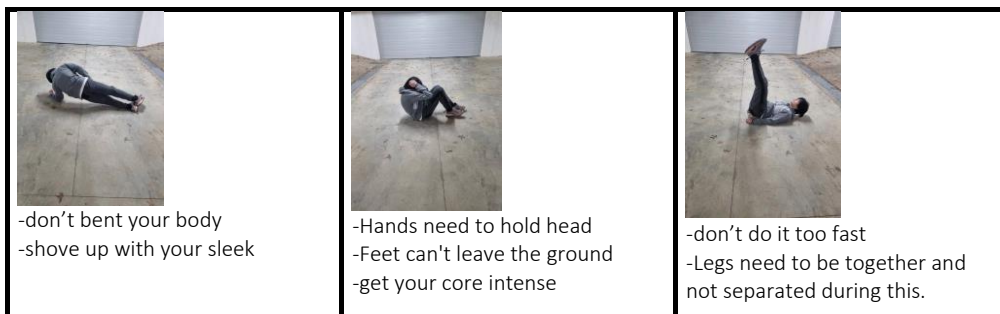
Justification:

| Day | Exercises | Area |
|-----------|--|---|
| Monday | Jogging Brisk walking Vertical leg press Unilateral lateral leg press | Targeted area: Cardiovascular (relates to cardiovascular body system) Flexibility (relates to musculoskeletal body system) |
| Tuesday | push-ups inverted row chest stretch back stretch | Targeted area: Body strength (relates to musculoskeletal body system) Flexibility (relates to cardiovascular body system) |
| Wednesday | Running Squat jump Vertical leg press Unilateral lateral leg press | Targeted area: Cardiovascular (relates to cardiovascular body system) Flexibility (relates to musculoskeletal body system) |
| Thursday | Break | |
| Friday | slow squat calf raises sit ups | Targeted areas: Body strength (relates to musculoskeletal body system) Corn exercise (relates to musculoskeletal body system) |
| Saturday | Plank Side plank Reverse crunch | Targeted areas: Corn exercise (relates to musculoskeletal body system) |
| Sunday | Break | |

Pictures of Exercises:

| | | |
|---|---|--|
| Jogging  -slow pace -control your breath | Running  -try your best in speed up -focus on make muscles produce energy instantly | Brisk walking  -adjust breath -take a rest |
|---|---|--|

| | | |
|---|---|---|
| <p>Squat jump</p>  <p>-The interval should not be too long -When squatting, the calves and thighs should form a 90-degree angle</p> <p>Squat</p>  <p>-you shouldn't do this too fast, keep is slow and steady.</p> | <p>Push ups</p>  <p>-Don't bent your body -try to use the muscles in your chest.</p> | <p>Inverted row</p>  <p>-Don't bent your body -try to use the muscles on your back to do this</p> |
| <p>Calf raises</p>  <p>-you shouldn't do this very fast. -try as hard as you can to reach higher</p> | <p>Vertical leg press</p>  <p>-slowly push your body down. Otherwise, you get injured.</p> | <p>Unilateral lateral leg press</p>  <p>-try to feel the tendons(muscles) between your leg and stretch them.</p> |
| <p>Chest stretch</p>  <p>-this is to relax your muscle after exercises, you shouldn't do is too hard.</p> | <p>Back stretch</p>  <p>-you should go fro and back with the rollers.</p> | <p>Plank</p>  <p>-Get your core muscles intense -exercise them and don't bent your body</p> |
| Side plank | Sit ups | Reverse crunch |



Above level question: Describe the relationships between muscle groups involved in each exercise

For jogging, running, brisk walking, and squat jump. Those belongs to cardiovascular. Muscle groups involved is basically whole body but especially lower body like thigh and calf. The muscle groups involved in push ups is abs and pectoralis major. Because core is required in this. The muscle groups involved in inverted row is abs and trapezius. The muscle groups involved in squat is thigh. The muscle groups involved in calf raises is gastrocnemius. The muscle groups involved in vertical leg press, unilateral lateral leg press is Para popliteal muscle. The muscle groups involved in chest stretch is pectoralis major. The muscle groups involved in back stretch is trapezius. The muscle groups involved in plank, sit ups, and reverse crunch is abs. The muscle involved in side plank is Abdominal external oblique.

Create fitness program

One-week program

Monday: first: Jogging (2 sets totally, 700m each) -----cardiovascular
 Second: brisk walking (2 sets total, 500m each)-cardiovascular
 Third: Vertical leg press (1 set, 3min) -----flexibility
 Fourth: Unilateral lateral leg press (1 set, 3min)-flexibility
 30sec break after each set, and no break between jogging and brisk walking.

Tuesday: First: push-ups (7 sets, 10 each) -----upper body strength(chest)
 Second: inverted row (4 sets, 10 each)—upper body strength(back)
 Third: chest stretch (3min) -----flexibility
 Fourth: back stretch (3min) -----flexibility
 40sec break after each set.

Wednesday: First: Running (2 sets, 550m each) -----cardiovascular
 Second: Squat jump (8 sets, 8 each) -----cardiovascular
 Third: Vertical leg press (1min) -----flexibility
 Fourth: Unilateral lateral leg press(1min) -flexibility
 1mins break between each set.

Thursday: break.

Friday: First: slow squat (8 sets, 10 each)-lower body strength(thigh)
 Second: Calf raises (8 sets, 12 each)-lower body strength(calf)
 Third: Sit ups (4 sets, 25 each) -----core strength
 30sec break between each set.

Saturday: First: plank (5 sets, 2min each) -----corn strength
Second: Side plank (5 sets, 90sec each) ---corn strength
Fourth: Reverse crunch (4 sets, 10 each) --corn strength
40sec break between each set.

Sunday: break

Two body system are included, which is **musculoskeletal and cardiovascular**. **Twice of each fitness area in a week, 2 days break.**