

# PERSONAL FITNESS PLAN

## 1. Warm-Up Routine (Practiced before each aerobic or strength routine)

Do ONE of the following:

- a. Jog or run in place two to three minutes.
- b. Easy rope skip for one to two minutes.
- c. Walk briskly for three to five minutes.
- d. Swim an easy stroke at a slow speed for 100 yards.

Do stretching exercises for three to five minutes.

- a. Thigh Stretch
- b. Achilles Tendon and Calf Stretch
- c. Straddle Stretch
- d. Lower Back Stretch
- e. Shoulder Stretch

## 2. Aerobic Routine (Two or three times per week)

Alternate with the strength routine. The distance, repetitions, and rest intervals should be reviewed and adjusted weekly as your performance improves.

Do ONE of the following:

Running Distance: \_\_\_\_\_ Repetitions: \_\_\_\_\_ Rest Time: \_\_\_\_\_

Swimming Distance: \_\_\_\_\_ Repetitions: \_\_\_\_\_ Rest Time: \_\_\_\_\_

Mid-distance workout. Do ONE of the following

800 Meter Run Time: \_\_\_\_\_ 400 Meter Swim Time: \_\_\_\_\_

## 3. Strength Routine (Two or three times per week)

Alternate with aerobic routine; counts, repetitions, and rest intervals to be reviewed and adjusted weekly, as appropriate)

Push-Ups: \_\_\_\_\_ Repetitions: \_\_\_\_\_ Rest Time: \_\_\_\_\_

Sit-Ups: \_\_\_\_\_ Repetitions: \_\_\_\_\_ Rest Time: \_\_\_\_\_

Pull-Ups: \_\_\_\_\_ Repetitions: \_\_\_\_\_ Rest Time: \_\_\_\_\_

## 4. Flexibility Routine (Five times per week)

**Hamstring Stretch.** Lie flat; extend one knee toward the head, with hands clasped together behind the knee. Slowly lift the foot upward, hold 15-20 seconds, then slowly lower back to the starting position. Repeat with the other leg. Do three repetitions.

**Lower Trunk Rotations.** Lie flat with knees slightly bent. Keep the knees together and slowly lower them to the left; hold 10-15 seconds. Raise the knees back to the standing position, then slowly lower the knees to the right; hold 10-15 seconds. Do three repetitions.

**Cats and Camels.** Get on hands and knees, with hands and knees a shoulder's width apart. Slowly arch the back upward, then lower it toward the floor. Straighten the back to a comfortable position. Do five repetitions.

## 5. Cool-Down (Five-minute "walk-and-talk" after each aerobic or strength routine)

Do not neglect the cool-down period, which helps prevent muscle cramps after exercise and enhances the benefits of your physical fitness program.