



Name: \_\_\_\_\_ Class: \_\_\_\_\_

Create a weekly workout plan that will improve your performance in the activity you picked for your 1<sup>st</sup> fitness assignment. Write the exercises you decided on in your 1<sup>st</sup> assignment in column one below. (Try to group all muscular strength and endurance exercises into... 1) Upper body workouts 2) Lower body workouts 3) Abdominal workouts)

Your workout plan must include all 4 of the FITT components for all 4 health related fitness components.

Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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