

# Fit For Life Final Review Sheet

## Fall 2007

Each student will receive a 'profile'. Your assignment is to use the student profile and make a workout plan for the student.

For the final you will need to **bring** the following materials with you to class:

- Muscular Strength/Muscular Endurance Lecture notes
- 1RM % workout plan Worksheet
- Target Heart Rate Zone Chart
- Muscle Chart

For the final you will need **to know how** to do the following:

- Distinguish if someone should be working on muscular strength or muscular endurance
- Calculate % of 1RM for muscular strength or muscular endurance
- How many repetitions and sets for muscular endurance or muscular strength
- At what point should a person be increasing their weight on machines/exercises
- What muscles should be targeted for a specific goal
- What exercises would be appropriate for a specific goal
- Calculate Maximum Heart Rate
- Calculate heart rates for: warm-up zone, fat burning zone and aerobic zone.