

Alternate Fit for Life Final Project

My Book of Exercise Circuits

Due date: Seniors: May 18, 2009
Sophomores & Juniors: May 26, 2009

What: Create a binder with eight (8) different workout plans.

How: Find different circuit type workouts in magazines or online. (Examples will be shown in class.)

Must be put into page protectors in an organized fashion. Place into a 1” binder with a decorated cover and section/tab dividers.

Must include: cardio circuit (without a machine), arm circuit, leg circuit, abdominal circuit, flexibility, yoga, a bike or elliptical workout and a treadmill workout.

Writing: A two (2) page paper will be included in the binder. This paper is to explain the following:

1. Why is it important to vary your workout from day to day?
2. Why did you choose these workouts?
3. What are the drawbacks of these workouts (special equipment, large space, partner, etc...)?
4. There should be information about the health related components of fitness and how often you need to exercise to be healthy.

Bibliography: You should include a page in the binder with your sources listed. For magazines, be sure to include the date and issue number.