

UNIT 3 : MUSCULAR FITNESS

ACT

1. Review your Push-Up, 1-min Sit-Up, and Sit & Reach tests from your Lab #1 fitness assessment. Use the space below to compare your assessment results to the normative data provided in the Lab. Describe your current status for each and identify areas to improve.

ACT

2. Combine your knowledge from the learn part of this unit, with your experiences in the Lab #3 to create a personal muscular fitness exercise workout.

- List all details in the table provided
- Do your workout!

Helpful Tip:

Following these steps will help you create your workout:

- Are you designing a total body routine (all major muscle groups during one workout) or a split-routine (all major muscle groups within a week)?
- Choose your goal: muscle strength or endurance
- Are you designing a total body routine (all major muscle groups during one workout) or a split-routine (all major muscle groups within a week)?
- Ensure you pick flexibility, multi-joint and single-joint resistance training exercises
- Choose your exercises accordingly based on the above
- Order your exercises correctly
- Assign the appropriate acute variables, based on goal
- Cool down. Choose a few flexibility exercises for your cool down. These can be muscles you stressed during the workout, or muscles that are chronically "tight" on you personally.

MY WORKOUT

Exercise	Acute Variables		
Name	Sets	Reps / Time	Rest

UNIT 3 : REFLECT

Use the space below to write a 400 word reflection on Lab #3 and Unit 3 activities specific to the following:

1. What was the most surprising thing about the foam roll and resistance training in Lab #3?
2. What was the most challenging part of writing your muscular fitness workout and why?
3. What was the most beneficial part of doing your muscular fitness workout? Would you make changes to it based on the experience? Why?

Upon completing all Unit 3 activities, SAVE your updated Heel Print and SUBMIT it to your instructor.