





CONCEPT: EXERCISE PROGRAM

Exercise Program: Contemplation & Preparation Stage

Contemplation & Preparation Stage	
1. Health Check  <ul style="list-style-type: none">Check with health care provider if have been ____ active for several months.	2. Identify  <ul style="list-style-type: none">Identify activities that:<ul style="list-style-type: none">- Match your fitness ____.- Convenient and ____.
3. Incorporate Activity  <ul style="list-style-type: none">Look for opportunities to be physically ____.- Take stairs instead of elevator.	4. Set Goals  <ul style="list-style-type: none">Set ____ goals.

Exercise Program: Action Stage

Action Stage	
Start Slow <ul style="list-style-type: none">Start slow and gradually ____ duration/intensity of workouts.	<ul style="list-style-type: none">Week 1: ____ days/week, ____ mins each.Week 2: ____ days/week, ____ mins each.
Target Variety of Muscles <ul style="list-style-type: none">Perform exercises that target variety of muscle ____.- Allow time for recovery.	<ul style="list-style-type: none">Back, shoulders, ____, chest, core, thighs, ____, calves.
Reflect and Realign <ul style="list-style-type: none">Reevaluate ____ monthly and adjust based on progress.	<ul style="list-style-type: none">As fitness improves, stay consistent and push harder to keep progressing.

EXAMPLE



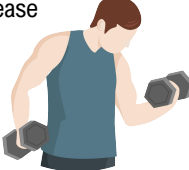

Marcus, a college sophomore, has not engaged in regular exercise since childhood. Motivated by his family's history of diabetes, he decides to become more active. What is the most appropriate initial step Marcus should take before beginning a fitness regimen?

- a) Set SMART goals and start jogging daily.
- b) Buy appropriate workout shoes to prevent injuries.
- c) Join a recreational sports league.
- d) Obtain a medical clearance from a doctor.

CONCEPT: EXERCISE PROGRAM

Workout Session Structure

♦ A workout should include: **1.** Warm-up, **2.** Cardiorespiratory and/or resistance training, **3.** Cool-down.

Workout Session Structure			
1. Warm-up		2a. Cardiorespiratory Exercises	
Increases blood flow, improves flexibility, prevents _____. ► Dynamic stretching: _____ intensity body movements, takes joints & muscles through full range of motion.		Uses _____ muscle groups to strengthen heart and lungs. ► Perform walking, running, cycling, swimming, etc.	
2b. Resistance Training		3. Cool-down	
Uses body weight & additional weights to increase _____ strength and endurance. ► Perform both isometric (plank hold) & isotonic (squats) exercises.		Gradually returns body back to _____ condition (10 - 15 min). ► Perform low intensity activity. ► Static stretching: _____ a muscle in a stretched position for a period of time.	

Isometric Exercise

Muscle contraction without length change, produces no movement.

Isotonic Exercise

Muscle contraction with length change, produces movement.

EXAMPLE

To prepare for a basketball game, Kaiden wants to begin his warm-up routine. Which activity should he choose to start with?

- a) Fast paced dribbling drills.
- b) Light jogging.
- c) Intense plyometric (explosive movements) jumps.
- d) Static hamstring stretches.

PRACTICE

Which of the following statements about physical activity is correct?

- a) When planning an exercise routine, different muscle groups should be trained on separate days to allow for recovery.
- b) Cardiorespiratory training is designed to increase muscle strength.
- c) It's not necessary to stay physically active throughout the day if you already exercise every week.
- d) Moving a light weight has no effect on building strength, only heavy lifting improves muscle strength.