

STUDENT TASK: create a workout plan that you will follow for the remainder of the semester

MUST HAVE'S

- A typed workout plan/log with a minimum of 8 weight training exercises (machine, dumbbell, kettle bell etc.)
- A weight training log that will be used for the remainder of the semester (approx. 8 dates)
- Weight training log should have columns for the recording of the exercise, reps, sets, weight and date
- Weight training log should have a section to record cardio
- Weight training plan should include a section 3 abs/core exercises and space to record additional ab exercises

RESOURCES

- www.bodybuilding.com – click on supersite, click on exercises
- weight training books
- weight training log from class