

PAI 30F/40F FINAL SUMMATIVE ASSESSMENT

10% OF GRADE

DUE: MAY 1ST

STUDENT TASK: create a personal workout plan in chart form that you will follow in the weight room for the remainder of the semester

MUST HAVE'S

- ✓ **A minimum of 8 exercises (included in chart)**
- ✓ **A minimum of 3 core/ab exercises (included in chart)**
- ✓ **A blank cardio section to be completed on weight room days**
- ✓ **On a separate page a picture of each exercise (8 exercises + 3 core = 11 pictures)**
- ✓ **Chart must include name of exercise, blank column for sets, reps, wt, this chart will be completed on remaining weight room days**
- ✓ **Chart must have sufficient columns for 6 weight room days**

RESOURCES

www.bodybuilding.com

Weight Training books/logs

Pinterest

Internet