**Standard 2: Skill and Fitness Based Competence**

**Element:** 2.2 Achieve and maintain a health-enhancing level of fitness throughout the program.

**Artifact:** Individualized Workout Plan

**Date:** Spring 2012

**Reflection:** Throughout my life I have always enjoyed being active. As my career enhanced, through certain classes I learned correct techniques in weight lifting. I have always gone to the gym to work out; however I never designed a specific plan for myself. This semester I created a 4-week workout plan for myself. This workout plan includes exercises and a meal plan to follow. Because I am going to be a physical educational advocate, personally this standard is the most important. It is extremely significant to maintain a health-enhancing level of fitness not only during this program, but for life. Putting academics first, this plan was difficult to follow in the beginning. Once I got into the pattern I started to watch my body transform. Being an expert in skill and fitness is a quality all physical educators need to have. In order to help students achieve their goals, I will be a teacher students can come to with questions in fitness supplying them with my knowledge.

**FOUR WEEKS TO FIT**

Weight: 122 Height: 5’5”

Age: 20 Sex: Female

75% MHR = 150 85% MHR = 170

WEEKS 1-2

Day 1: Upper Body Circuit, Abs

Day 2: Lower Body Circuit

Day 3: Cardio, Abs

Day 4: Upper Body Circuit, Abs

Day 5: Lower Body Circuit

Day 6: Cardio, Abs

Day 7: Rest

Between each circuit **to keep your heart rate up**, complete 5 minutes on treadmill, step-mill, or elliptical at 70-75% MHR. **Use light weight and higher reps** at the beginning of the workout to help enhance blood flow to muscles and burn more calories as you train. **With each circuit go heavier** and use lower reps to stimulate your fast-twitch muscle fibers and keep your body in fat-burning more after the workout is over. **Focus on compound movements** to maximize the amount of work done in this short, full-body routine. **Use and average tempo** like two second to lower the weight, one second pause, and two seconds to lift the weight to ensure you perform each exercise properly. **Perform 45-60 minutes of cardio** on your cardio days, working 75% of your MHR.

**UPPER BODY CIRCUIT**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise** |  | **Circuit 1** | **Circuit 2** | **Circuit 3** | **Circuit 4** |
|  |  | **Time/Reps** | **Time/Reps** | **Time/Reps** | **Time/Reps** |
| **Barbell bent over row** |  | 15 / 12 | 15 / 10 | 15 / 8 | 15 / 8 |
| **Seated cable row** |  | 15 / 12 | 15 / 10 | 15 / 8 | 15 / 8 |
| **Barbell bench press** |  | 15 / 12 | 15 / 10 | 15 / 8 | 15 / 8 |
| **Seated overhand press** |  | 15 / 12 | 15 / 10 | 15 / 8 | 15 / 8 |
| **Dumbbell lateral raise** |  | 15 / 12 | 15 / 10 | 15 / 8 | 15 / 8 |
| **Triceps press down** |  | 15 / 12 | 15 / 10 | 15 / 8 | 15 / 8 |
| **Barbell curl** |  | 15 / 12 | 15 / 10 | 15 / 8 | 15 / 8 |

(Time is measured in seconds. Perform the amount of reps or as many as possible in the amount of time)

**LOWER BODY CIRCUIT**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise** |  | **Circuit 1** | **Circuit 2** | **Circuit 3** | **Circuit 4** |
|  |  | **Time/Reps** | **Time/Reps** | **Time/Reps** | **Time/Reps** |
| **Leg press** |  | 15 / 12 | 15 / 10 | 15 / 8 | 15 / 8 |
| **Leg extension** |  | 15 / 12 | 15 / 10 | 15 / 8 | 15 / 8 |
| **Lying leg curl** |  | 15 / 12 | 15 / 10 | 15 / 8 | 15 / 8 |
| **Stiff leg dead lift** |  | 15 / 12 | 15 / 10 | 15 / 8 | 15 / 8 |
| **Standing calf raise** |  | 15 / 12 | 15 / 10 | 15 / 8 | 15 / 8 |

WEEKS 3-4

Day 1: Upper Body Circuit, Abs

Day 2: Lower Body Plyometric

Day 3: Cardio, Abs

Day 4: Upper Body Plyometric, Abs

Day 5: Lower Body Circuit

Day 6: Cardio, Abs

Day 7: Rest

Between each circuit to **keep your heart rate up**, complete 5 minutes on treadmill, step-mill, or elliptical at 70-75% MRH. **Increase the amount of weight** for both your upper and lower body circuits, go heavier and use lower reps with each circuit. **After your body has acclimatized** to faster paced workouts, you’ll start plyometrics – exercises that are quick, powerful movements that help the muscles store energy for more explosive training. **Make sure to warm up** for a minimum of five minutes on the cardio machines before beginning your first circuit. **Perform 45-60 minutes of cardio** on your cardio days working 75% of your MRH.

**UPPER BODY PLYOMETRICS CIRCUIT**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise** |  | **Circuit 1** | **Circuit 2** | **Circuit 3** | **Circuit 4** |
|  |  | **Reps** | **Reps** | **Reps** | **Reps** |
| **Exercise ball push up** |  | 15 | 12 | 10 | 8 |
| **Overhand medicine ball throw** |  | 15 | 12 | 10 | 8 |
| **Machine assisted pull up** |  | 12 | 10 | 8 | 8 |
| **Squat cable row** |  | 15 | 10 | 8 | 8 |
| **Shoulder YTWL circuit** |  | 20 | 15 | 12 | 10 |

**LOWER BODY PLYOMETRICS CIRCUIT**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise** |  | **Circuit 1** | **Circuit 2** | **Circuit 3** | **Circuit 4** |
|  |  | **Reps** | **Reps** | **Reps** | **Reps** |
| **Box jump** |  | 20 | 20 | 15 | 15 |
| **Bench step up** |  | 20 | 20 | 15 | 15 |
| **One leg bench squat** |  | 20 | 20 | 15 | 15 |
| **Exercise ball hip lift** |  | 20 | 20 | 15 | 15 |
| **Calf jumps** |  | 30 | 30 | 25 | 25 |

**Four Week Nutrition Plan**

MONDAY

**Breakfast**

1 tsp. cinnamon

1/3 cup oatmeal (measured uncooked)

3 egg whites, scrambled/boiled

**Late morning snack**

1 tbsp. peanut butter (all natural)

2 rice cakes (multigrain)

1 scoop whey protein

**Lunch**

2 tbsp. balsamic vinegar

½ cup brown rice (measured cooked)

4 oz. shrimp

1 small salad with tomato and onion

**Midday snack**

4 oz. ground turkey breast, 99% fat-free

4 oz. sweet potato skinless, baked

**Dinner**

10 almonds

4 oz. asparagus

4 oz. halibut

**Nighttime snack**

1 tbsp. peanut butter (all natural)

1 scoop whey protein

¼ cup plain, low-fat yogurt

*Totals: 1,442 Calories, 158g Protein, 114g Carbs, 35g Fat*

TUESDAY

**Breakfast**

3 egg whites, scrambled/boiled

1.5 oz. cream of rice (measured uncooked)

**Late morning snack**

1 tbsp. almond butter (all natural)

2 rice cakes (multigrain)

1 scoop whey protein

**Lunch**

1 soft corn tortilla, 7-inch diameter

4 oz. chicken breast, white meat

½ cup zucchini

**Midday snack**

2 oz. ground turkey breast, 99% fat-free

4 oz. sweet potato skinless, baked

**Dinner**

10 almonds

6 oz. broccoli

4 oz. halibut

**Nighttime snack**

1 oz. avocado

1 scoop whey protein

¼ cup plain, low-fat yogurt

*Totals: 1,433 Calories, 164g Protein, 121g Carbs, 34g Fat*

WEDNESDAY

**Breakfast**

3 egg whites, scrambled/boiled

¼ cup grits (measured uncooked)

**Late morning snack**

1 tbsp. peanut butter (all natural)

2 rice cakes (multigrain)

1 scoop whey protein

**Lunch**

2 tbsp. balsamic vinegar

½ cup brown rice (measured cooked)

4 oz. chicken breast, white meat

1 ½ cups of baby spinach

**Midday snack**

4 oz. ground turkey breast, 99% fat-free

4 oz. sweet potato skinless, baked

**Dinner**

2 tbsp. balsamic vinegar

1 medium salad, with tomato and onion

4 oz. shrimp

10 almonds

**Nighttime snack**

1 tbsp. peanut butter (all natural)

1 scoop whey protein

¼ cup plain, low-fat yogurt

*Totals: 1,408 Calories, 164g Protein, 144g Carbs, 34g Fat*

THURSDAY

**Breakfast**

1 tsp. cinnamon

1/3 cup oatmeal (measured uncooked)

3 egg whites, scrambled/boiled

**Late morning snack**

1 tbsp. peanut butter (all natural)

2 rice cakes (multigrain)

1 scoop whey protein

**Lunch**

4 oz. sweet potato skinless, baked

4 oz. chicken breast, white meat

4 oz. asparagus

**Midday snack**

4 oz. turkey breast, white meat

½ cup brown rice

**Dinner**

2 tbsp. balsamic vinegar

1 medium salad with tomato and onion

10 almonds

5 oz. tilapia

**Nighttime snack**

1 tbsp. almond butter (all natural)

1 scoop whey protein

¼ cup plain, low-fat yogurt

*Totals: 1,491 Calories, 198g Protein*

*94g Carbs, 35g Fat*

FRIDAY

**Breakfast**

1 tsp. cinnamon

½ cup plain, low-fat yogurt

3 egg whites, scrambled/boiled

**Late morning snack**

1 tbsp. almond butter (all natural)

2 rice cakes (multigrain)

1 scoop whey protein

**Lunch**

½ cup brown rice (measured cooked)

4 oz. chicken breast, white meat

4 oz. green beans

**Midday snack**

4 oz. ground turkey breast, 99% fat-free

4 oz. sweet potato skinless, baked

**Dinner**

1 oz. avocado

4 oz. asparagus

4 oz. halibut

**Nighttime snack**

1 tbsp. peanut butter (all natural)

1 scoop whey protein

¼ cup plain, low-fat yogurt

*Totals: 1,474 Calories, 172g Protein, 123g Carbs, 38g Fat*

SATURDAY

**Breakfast**

3 egg whites, scrambled/boiled

2 oz. hash browns, home-prepared

**Late morning snack**

1 tbsp. peanut butter (all natural)

2 rice cakes (multigrain)

1 scoop whey protein

**Lunch**

2 tbsp. balsamic vinegar

½ cup brown rice (measured cooked)

5 oz. tilapia

1 ½ cups of baby spinach

**Midday snack**

4 oz. turkey breast, white meat

4 oz. sweet potato skinless, baked

**Dinner**

10 almonds

1 cup zucchini

4 oz. ground turkey breast, 99% fat-free

**Nighttime snack**

1 tbsp. almond butter (all natural)

1 scoop whey protein

¼ cup plain, low-fat yogurt

*Totals: 1,489 Calories, 175g Protein, 110g Carbs, 41g Fat*

SUNDAY

**Breakfast**

3 eggs whites, scrambled/boiled

¼ cup grits (measured uncooked)

**Late morning snack**

1 tbsp. almond butter (all natural)

2 rice cakes (multigrain)

1 scoop whey protein

**Lunch**

½ cup black beans, boiled

4 oz. chicken breast, white meat

4 oz. broccoli

**Midday snack**

4 oz. ground turkey breast, 99% fat-free

½ cup brown rice (measured cooked)

**Dinner**

2 tbsp. balsamic vinegar

10 almonds

1 medium salad, with tomato and onion

4 oz. shrimp

**Nighttime snack**

1 oz. avocado

1 scoop whey protein

¼ cup plain, low0fat yogurt

*Totals: 1,456 Calories, 168g Protein, 141g Carbs, 33g Fat*