

## Module 4: Personal Fitness Plan

### Topic 4 Application: Sarah's Personal Fitness Plan

Your friend Sarah has asked you to review her personal fitness plan and give your opinion of the plan and her progress. Evaluate Sarah's plan and the data she has collected. Then compose an email to Sarah that includes suggestions on changes she can make to help her achieve her fitness goal.



#### Sarah's Personal Fitness Plan

##### Fitness goal

- To increase muscular strength in six weeks by exercising most days of the week.

##### Pre-Assessment Results

- **Step test:** Heart rate was 126 beats per minute
- **Curl-up test:** Twenty-five curl-ups in one minute
- **Push-up test:** Two push-ups
- **Sit-and-reach test:** Seven inches

##### Exercises

Sarah's plan for Week 1 through Week 6:

<b>Monday</b>	<b>Warm-up:</b> Five-minute walk <b>Stretching:</b> Static stretching <b>Workout:</b> Twenty minutes on the stationary bike at medium intensity; 50 crunches <b>Cool down:</b> Ten-minute walk and static stretching
<b>Wednesday</b>	<b>Warm-up:</b> Five-minute walk <b>Stretching:</b> Static stretching <b>Workout:</b> Twenty minutes on the stationary bike at high intensity; 50 crunches <b>Cool down:</b> Ten-minute walk and static stretching
<b>Friday</b>	<b>Warm-up:</b> Five-minute walk <b>Stretching:</b> Static stretching <b>Workout:</b> Twenty minutes walking at an incline on the treadmill at high intensity; 50 crunches <b>Cool down:</b> Ten-minute walk and static stretching
<b>Saturday</b>	<b>Warm-up:</b> Five-minute walk <b>Stretching:</b> Static stretching <b>Workout:</b> Thirty minutes on the stationary bike at medium intensity; 50 crunches <b>Cool down:</b> Ten-minute walk and static stretching

\*Sarah rested on Tuesday, Thursday, and Sunday.

##### Summative Assessment Results

- **Step test:** Heart rate was 100 beats per minute
- **Curl-up test:** Twenty-five curl-ups in one minute
- **Push-up test:** Two push-ups
- **Sit-and-reach test:** Nine inches