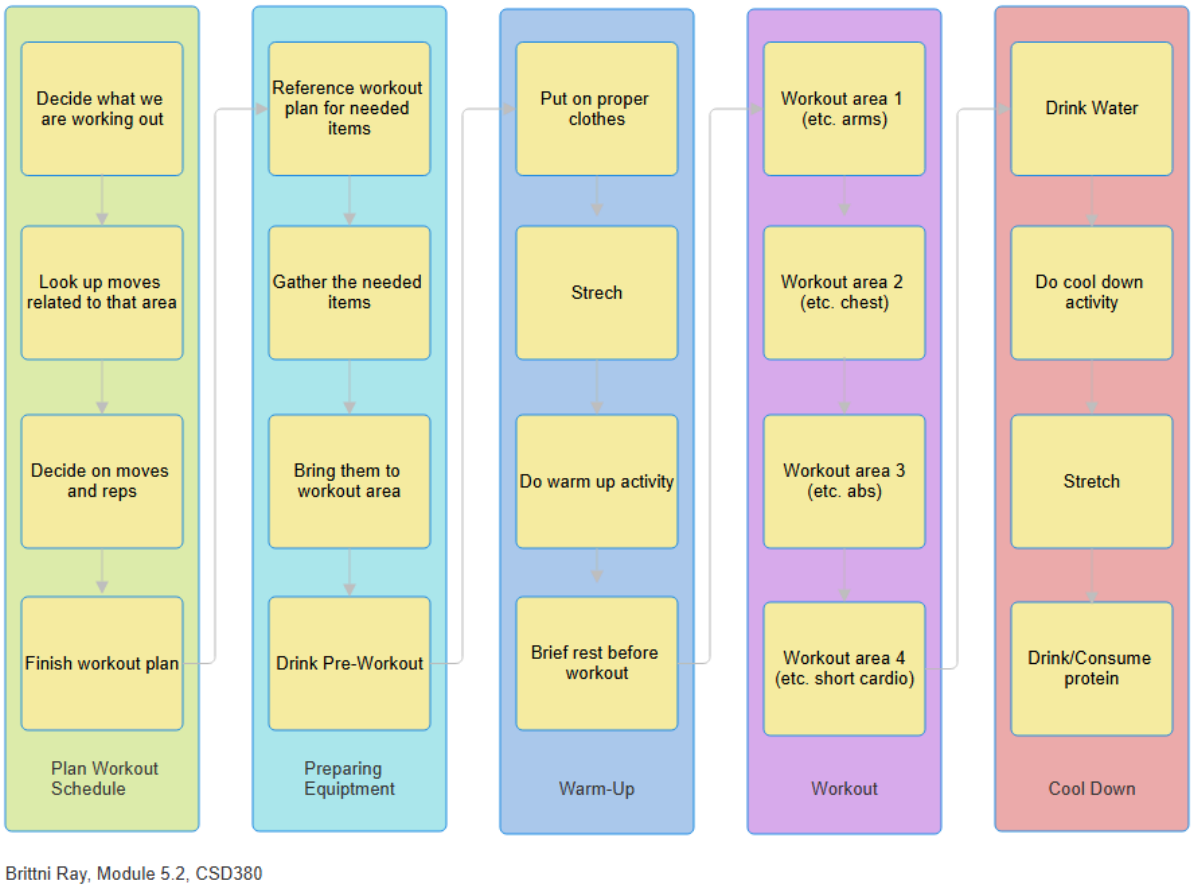
Brittni Ray
Module 5.2
CSD 380



Estimated Average Flow Time

Plan Workout Schedule	15 minutes
Preparing Equipment	15 minutes
Warm-Up	15 minutes
Workout/Dance Session	1 hour
Cool Down and Stretching	15 minutes

Estimated cycle time = 2 hours

Optimizing Workout Routine

Eliminating waste - I can eliminate ~5 minutes from this routine by planning out all activities for workouts at the top of the week. I can also eliminate a few minutes by having workout clothes prepared along with equipment. I can also eliminate waste by reducing the amount of time between each set of reps (usually 2-3 minutes in between) to 1 minutes 30 or 45 seconds. I can also eliminate around ~2 minutes by goin straight into the main workout from my break.

Workflow orchestration - I could combine the process of looking at what I need for the day's workout with gathering the items so that I am doing both things as once, thus becoming more efficient. I can also combine the process of drinking water during my rest between sets, meaning that I can eliminate the 'drink water' portion by combining it with something else.

Governance models - Looking at everything, there are times when I am getting ready and working out that my cat is unaccounted for. I must make a plan to ensure that he is not in the room when I am working out so that he does not try to attack my legs during my sets.

Note: The program I used–SmartDraw–claimed that it was a free service, which was why I chose to use it. I did not realize until after I had spent a very long time on my model that they would not let me download the model unless I spent over $100 to do so. I have included a screenshot of my model here and can also provide a screenshot of this model on the site in browser if needed. Unfortunately, that is all I can do since I will not be able to front the $100 to download the doc/pdf/model version.