HES 1221-012

Semester Goals

* Lose roughly 10 pounds by the end of the course through continual cardiovascular workouts
* Establish baselines for weightlifting and improve those through continuous use of free-weight bench presses, barbell curls, squats, and other weight lifting exercises
  + I intend on using the 5x5 strength training to aid in this as well
* Establish baselines for push-ups, sit-ups, pull-ups, etc., and improve these by a factor of at least ½ by the end of the semester

My idea behind these is to not give myself too many goals to achieve, but instead to set a small number of goals that I believe I can personally attain in roughly 5 months.

\*To improve chances of achieving goals listed above, I intend to attempt to improve my eating habits both in portion control and by simply eating healthier