

LAB 4.4 • YOUR RESISTANCE-TRAINING WORKOUT PLAN

Name: _____ Date: _____

Instructor: _____ Section: _____

Purpose: To create a basic, personal resistance-training workout plan. Forms for following up and tracking your muscular fitness and your resistance-training program are included.

Directions: Complete the following sections.

SECTION I: MUSCULAR FITNESS PROGRAM QUESTIONS AND MOTIVATIONS

1. How many days per week are you planning to work on your muscular fitness program? _____

2. How experienced are you at resistance training? (select one below)

Novice

Intermediate (training 1 to 2 years)

Advanced (training 3+ yrs)

3. Which will you focus on first? (select one) **Muscular strength** **Muscular endurance**

4. The best muscular fitness programs are well rounded and work the entire body. However, some people want to focus more heavily on one area than another. Which muscle groups do you want to focus on?

5. Which type of equipment do you plan to use and why? (check all that apply)

☐ **Weight machines**

☐ **Free weights**

☐ **No equipment (calisthenic exercises)**

6. How much time do you plan for your resistance-training program on each workout day? _____

7. Do you have a workout partner? Do you plan to work with a partner, trainer, or instructor to help you get started?

*See **Activate, Motivate, Advance Your Fitness: A Resistance-Training Program** on page 169 for a sample resistance-training program that will match your preferences and goals outlined above.

SECTION II: RESISTANCE-TRAINING PROGRAM DESIGN

In the table on the following page, plan your resistance-training program using resources available to you (facility, instructor, text). Complete one line for each exercise you have chosen to do in your program.

Exercise	Muscle(s) Worked	Frequency (days/week)	Intensity (weight in lb)	Sets (number)	Reps (number per set)	Rest (time between sets)
LOWER BODY						
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
UPPER BODY						
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
TRUNK						
1.						
2.						
3.						
4.						
5.						

SECTION III: TRACKING YOUR PROGRAM AND FOLLOWING THROUGH

- Goal and program tracking:** Use a resistance-training chart (see next page) to monitor your progress. Change the amount of resistance, sets, or repetitions frequently to ensure continuing progress toward your goals.
- Goal and program follow-up:** At the end of the course or at your short-term goal target date, reevaluate your muscular fitness and answer the following questions:
 - Did you meet your short-term goal or your goal for the course?
 - If so, what positive behavioral changes contributed to your success? If not, which obstacles blocked your success?
 - Was your short-term goal realistic? After evaluating your progress during the course, what would you change about your goals or resistance-training plan?

DATE																					
EXERCISE	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps
1.																					
2.																					
3.																					
4.																					
5.																					
6.																					
7.																					
8.																					
9.																					
10.																					
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12.																					
13.																					
14.																					

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.