

PHAC 3040 – Resistance Training for Health and Performance
Training for Fat-loss Assignment

Assignment worth: 5% of final grade

Due dates:

- Hard copy of Part I and II must be handed-in on **Tuesday June 12, 2018** at the start of class.
- **No late submissions will be accepted.**

Part I: Create a personalized **45 minute** fat-loss circuit training workout.

*Note: All selected exercises must be from the pool of exercises
performed during the semester in this course*

Circuit training

- Select a combination of bodyweight OR resistance (i.e. external loading) exercises
- Select approx. 6-12 exercises total
- Identify the number of repetitions/time to be performed for each exercise
- Identify the number of rounds to be performed in the circuit
- Identify the amount of rest between exercises and rounds

Options

- Include cardio component
- Utilize strongman type exercises (tire flips, sled push, etc.)
- Be creative!!

MUST include a detailed warm-up as well.

Part II:

Provide a short (no more than one page) evaluation about your program once you have completed it.

- How did you find the workout?
- Were you able to complete it in the allotted time?
 - o If not...why? What changes did you have to make?
- Did you like your workout? Would you change anything?
- What effect did your workout have on your body in the days following?

Evaluation:

5 marks – Program Design

3 marks – Completion of program

2 marks – Evaluation of program

Total – 10 marks