

4.4 Design Your Own 15-Minute Workout Plan

Components of a Balanced Workout

A complete workout includes four essential parts:

- **Warm-up:** Prepares your body and prevents injury
- **Strength training:** Builds muscle and improves posture
- **Flexibility work:** Maintains healthy muscles and joints
- **Cool-down:** Safely returns your body to its resting state

Your Personalized Workout Template

1. Warm-Up Activities (3-5 minutes total)

Select 2-3 activities:

- ☐ Marching in place
- ☐ Arm circles
- ☐ Knee lifts
- ☐ Jumping jacks
- ☐ Leg swings
- ☐ Other: _____

Your warm-up plan:

1. _____ Duration: _____ seconds
2. _____ Duration: _____ seconds
3. _____ Duration: _____ seconds

2. Strength Exercises (5-7 minutes total)

Select 3 exercises:

Exercise	Modified Version?	Sets	Repetitions	Rest Between Sets

3. Flexibility Stretches (3-5 minutes total)

Select 2-3 stretches:

Stretch	Hold Time (seconds)	Notes on Modification

4. Cool-Down Plan (2 minutes)

1. _____ Duration: _____ seconds
2. _____ Duration: _____ seconds