Kevin Meza

CSD380 Module 5 Assignment

June 28, 2024

VSM

**Daily Workout (Arms)**

|  |  |
| --- | --- |
| Prepare gym clothes | 5 mins |
| Traveling and drive to gym | 10 mins |
| Stretch and Warmup | ~ 5 mins |
| Bicep Curls | 5 mins |
| Tricep Extension | 5 mins |
| Ez-bar Curl | 5 mins |
| Triceps Pushdown | 5 mins |
| Chin Ups | 5 mins |
| Tricep Dips | 5 mins |
| Stretch and Cool Down | ~ 5 mins |
| Travel and Drive home | 10 mins |

Estimated Cycle Time = 65 mins (1 hr mins)

Efficency and Analysis

The time it takes to travel to and from the gym depends on which gym I end up choosing. Going to my monthly-paid public gym uses up the planned time. To save travel time, I can exercise at home, at work gym, or at the apartment gym. Super setting can reduce the main workout time from 40 minutes to around 25 minutes or less, but it may also make me more tired and sweaty. Skipping stretching can save time but might increase the risk of injury.

Ez-Bar

(5 min)

Travel

(10 min)

Stretch

(~5 min)

T Dips

(5 min)

Chin up

(5 min)

T Push

(5 min)

T Ext.

(5 min)

B Curl

(5 min)

Stretch

(~5 min)

Travel

(10 min)

Prep

(5 min)