GitHub <https://github.com/o61839/ASD_week1>

gh-pages <http://o61839.github.io/ASD_week1/>

mindmap <https://www.dropbox.com/s/vmbpzzg1tnxkobf/Minutes_to_Lose.png>

moqup1

<https://www.dropbox.com/s/9vtrtjnh6rnmfze/Minute2Lose_01.png>

moqup2

<https://www.dropbox.com/s/d31jj6mudcibyq9/Minute2Lose_02.png>

Project Story:

About ten years ago, I came across a great exercise idea. The plan is to alternate your workouts similar to speed drills in track and football.

5 minute Warm-up

1 minute Speed up 1

1 minute Resting Pace

1 minute Speed up 2

1 minute Resting Pace

1 minute Speed up 3

1 minute Resting Pace

1 minute Speed up 4

1 minute Resting Pace

1 minute Speed up 5

1 minute Resting pace

5 minute Cool-down

The other option is do pyramid your workouts.

5 minute Warm-up

1 minute Speed up 1

1 minute Speed up 2

1 minute Speed up 3

1 minute Speed up 4

1 minute Speed up 5

1 minute Speed up 5

1 minute Speed up 4

1 minute Speed up 3

1 minute Speed up 2

1 minute Speed up 1

5 minute Cool-down

I have not been able to find a workout timer that will do this. So my plan is to create it.

For the lifting portion, it is a similar, however, you start with light weight, high reps and end with heavy weight, low reps.

5 minute Warm-up

15 reps light weight (5 lbs)

12 reps increase weight

10 reps increase weight

8 reps increase weight

4-6 reps increase weight

repeat for different body parts.

5 minute Cool-down

My plan is to the user create their workout.

Option 1:

Their choices are to do upper body.

Bicep curl

Tricep extension

Chest Press

Abs

Back Row

Shoulder Raise

Lat Pull-down

Or lower body.

Squat

Lunges

Quad Extensions

Hamstring curls

Calf raises

Option 2:

Front of body.

Bicep curl

Chest Press

Abs

Squat

Quad Extensions

Back of body.

Tricep Extensions

Back Row

Shoulder Raise

Lat Pull-Down

Lunges

Hamstring curls

Calf raises