

Activity 1:

ATP-CP	GLYCOLYTIC	OXIDATIVE
lifting weights	400-meter sprint	Jogging
Walking	Lifting weights for short periods	Cycling
Thinking	Sports requiring quick bursts of speed, such as basketball	Swimming
Texting	Boxing	Rowing
Yoga	Dash	Badminton

Activity 2:

Light Fitness Workout Program:

- Burst lifts with Dumb bells
 - o 4 counts
 - o 2 Reps
 - o 2 set (2 minuted rest in between set)
- Jumps and Jacks
 - o 16 counts
 - o 3 reps (30 seconds rest in between)
 - o 3 sets
- Planking
 - o 65 second counts
 - o 2 rep (a minute rest after each rep)
 - o 1 set
- Endurance Lift with Dumb bell
 - o 2 minutes
 - o 3 rep
 - o 1 set
- Squatting
 - o 30 counts
 - o 2 reps
 - o 2 sets

REFLECTIVE LEARNING SHEET

1. During this pandemic, how will you apply these energy systems with your day to day activities?

During my workout or daily routine, now I will know the difference on what energy system are being used. Also, the various energy system shows what other activities I can incorporate in my lifestyle.
2. How does one’s fitness play a significant role in the challenges of daily living?

Having a routine or workout in your schedule shows discipline. It also benefits for your health as having better stamina and fitness helps you with everyday physical task.