Workout Planner

Day: \_\_\_\_\_\_\_\_\_\_\_\_

Directions: Research exercises for warming-up, PE Exercises, & Cooling-Down. Be sure to research proper techniques to prevent injury, & look up benefits to discover the awesome ways exercise helps your body ! Next, teach your family your routine (& don’t forget to tell them about the technique & benefits!).

* This is not medical advice! Always check with a doctor before performing any work-out/exercise to determine what is best & safe for your body—especially if you have any injuries or conditions.
* NEVER, NEVER, NEVER do an exercise if it causes pain! Serious injury may result! Exercise should feel good!

Total workout time (add total number of exercise/break time, plus warm-up & cool-down): \_\_\_\_\_\_

Warm-Up ( light movement to get blood pumping: Jog in place, light jumping jacks, etc.)

Exercise name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Warm-up Time ( Choose 2-3 Minutes): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercises ( good to Start with lesser intensity exercises and build to higher intensity)

* You can repeat the same exercise or group of exercises multiple times (sets) or do all different exercises.
* No static stretches (stretches that you hold) until after warm-up. Cool down is a good place for these!
* For exercise ideas and learning proper form and benefits, google things like “PE Exercises, proper form for a push-up, what muscles does a sit-up work? etc.” and note them below!
* For a full-body workout, make sure you select at least one exercise that works:
* the Upper-Body
* the Lower-Body
* the Core (Abs)
* And one that practices Balance

Exercises ( continued)

* Exercise Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Proper technique notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

benefits: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise Time ( Choose 50 seconds to 2 Minutes): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise (choose 15 seconds to 1 minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Exercise Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Proper technique notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

benefits: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise Time ( Choose 50 seconds to 2 Minutes): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise (choose 15 seconds to 1 minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Exercise Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Proper technique notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

benefits: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise Time ( Choose 50 seconds to 2 Minutes): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise (choose 15 seconds to 1 minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Exercise Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Proper technique notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

benefits: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise Time ( Choose 50 seconds to 2 Minutes): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise (choose 15 seconds to 1 minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(print as many of this page as needed for your work-out)

Cool-Down ( light movement to bring body slowly out of intense work. Examples: walk or march in place, then you may incorporate light stretches that stretch muscles you just used, etc.. )

* It is good to incorporate some stretches into your cool-down.
* If incorporating stretches into your cool-down, make sure to stretch both sides of the body.
* Follow proper technique that you research!
* Hold stretches 10 seconds to 1 minute—do not overstretch.
* NEVER, NEVER, never push yourself to pain in a stretch! Go only as far as feels good. Pushing too far can create serious injuries!

Total Cool-Down Time (choose 2-6 minutes): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch Time ( Choose 10 seconds to 1 Minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise/stretch ( Choose 10-30 seconds): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch Time ( Choose 10 seconds to 1 Minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise/stretch ( Choose 10-30 seconds): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch Time ( Choose 10 seconds to 1 Minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise/stretch ( Choose 10-30 seconds): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch Time ( Choose 10 seconds to 1 Minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise/stretch ( Choose 10-30 seconds): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cool-Down (continued, if needed—you do not need to fill all these lines in below—they are only here if you need them!)

Exercise/stretch name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch Time ( Choose 10 seconds to 1 Minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise/stretch ( Choose 10-30 seconds): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch Time ( Choose 10 seconds to 1 Minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise/stretch ( Choose 10-30 seconds): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch Time ( Choose 10 seconds to 1 Minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise/stretch ( Choose 10-30 seconds): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch Time ( Choose 10 seconds to 1 Minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise/stretch ( Choose 10-30 seconds): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise/stretch Time ( Choose 10 seconds to 1 Minute): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Break time after exercise/stretch ( Choose 10-30 seconds): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_