Fitness Assignment: 3 phase workout instruction

Task: You and the others who are missing this week’s activities are to design a workout routine that works out *3 muscle groups*.

For each *muscle group* you need three different exercises that target different muscles.

For each exercise you need to ID 3 tips to help the participants do the movement correctly to they don’t injure themselves.

The exercises you choose must be using free weights ie: NOT one of the machines with cables and wheels.

**Muscle Group 1: Arms & shoulders**

|  |  |
| --- | --- |
| Exercise 1 Name: |  |
| Muscle(s) targeted: |  |
| General description on exercise (how to): |  |
| Tip 1: |  |
| Tip 2: |  |
| Tip 3: |  |

|  |  |
| --- | --- |
| Exercise 2 Name: |  |
| Muscle(s) targeted: |  |
| General description on exercise (how to): |  |
| Tip 1: |  |
| Tip 2: |  |
| Tip 3: |  |

|  |  |
| --- | --- |
| Exercise 3 Name: |  |
| Muscle(s) targeted: |  |
| General description on exercise (how to): |  |
| Tip 1: |  |
| Tip 2: |  |
| Tip 3: |  |