**Personal Trainer Challenge Project**

Throughout this year, we have been developing skills to create our own personal fitness plan. For this assignment, your group will work together to create and complete a workout. Day 1 you will complete the workout. Day 2 you will record and submit to Flipgrid your final workout.

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| **Group Members:** | | |
| **#1: Warm Up – *Select & complete 4 exercises from this group. Make sure to record how many or how long you did each one.*** | | |
| **Warm Up Exercise Choices (Choose 4)**  High Knees Toe Walks  Butt Kicks Power Skips  Walking Knee Hugs Side Shuffle  Walking Quad Pulls Karaoke  Heel Walks Arm Circles  Leg Swings | **Exercises** | **Sets/Reps or Time** |
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| **#2: Workout – *Select & complete 3 exercises from each group. Make sure to record how many or how long you did each one.*** | | |
| **Cardio Exercises (Choose 3)**  Jump Jacks Mountain Climber  Mountain Climbers Skaters  Burpees Star Jumps  Seal Jacks Cross Jacks  Invisible Jump Rope Rocket Blasters |  |  |
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| **Muscular Fitness Exercises – Weighted Bars (Choose 3)**  Front Raise Pendulum Swings  Bicep Curl Reverse Curls  Squats Forward Lunges  Calf Raises Front Row  Shoulder Press Reverse Curl |  |  |
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| **Core Exercises (Choose 3)**  30 Sec. Planks Shoulder Taps  Up & Down Planks Side Planks  Plank Leg Raises Crunches  Plank Arm Raises Plank Jacks |  |  |
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| **#3: Cool Down – *Select & complete 3 exercises from each group. Make sure to record how many or how long you did each one.*** | | |
| **Cool Down Exercises (Choose 3)**  Light Walk Seated Forward Stretch  Light Jog Knee to Chest Stretch  Butterfly Stretch Downward Dog  Standing Quad Pull Standing Knee Hug |  |  |
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| **#4:** Complete workout together as a group with a group member(s) leading the group. | | | | |
| **#5:** Assess workout and make adjustments. | | | | |
| **#6:** Video plan: Make a plan for what your video presentation is going to look like. Practice. | | | | |
| **#7:** Use link in Canvas to record your final workout to **Flipgrid™.** | | | | |
| **Grading Rubric** | | | | |
|  | **3** | **2** | **1** | **0** |
| **Group Work** | All members are engaged all the time in working together in an effective and cooperative manner. | All members are engaged most of the time in working together in an effective and cooperative manner. | Group members are having a difficult time working in an effective and cooperative manner. | No cooperation is present in the group. |
| **Workout Design** | Contains exercises from each group that uses correct technique and offers variety and works multiple parts of the body. | Contains exercises from each group that uses correct technique and offers variety and works most parts of the body. | Contains exercises from each group but little variety and targets the same parts of the body. | Does not contains exercises from each group. |
| **Presentation** | Workout video is extremely creative and completed with no flaws. | Workout video is well done and completed with a couple of errors. | Workout video is fair but has numerous errors. | Workout video is incomplete or not submitted. |
| **Final Grade:** | | | |  |