**Strength Training II**

**Designing a Workout Program**

In order to meet your fitness goals, it is important that you come to class with a workout plan. To get started, decide what it is you want to achieve through a resistance training regimen.

1. Is your primary focus to gain size (hypertrophy)?
2. Do you want to focus on muscular endurance (cross fit)?
3. Do you want to focus on increasing muscular strength?
4. Do you want to become a better athlete for your specific sport?

All resistance training programs will lead to increases in muscular size, endurance, and strength; however, depending on the number of repetitions, sets, and rest between sets, your workout can be designed in a manner that puts a greater emphasis on one of these areas.

Requirements for Workout Program

* Use the provided template on the WHS P.E. website and create a 6 week program (We will find new 1RM the last week)
* 2 Phases (gives ability to change workouts)
* We will be in weight room 4 days a week
* Fitness/Classroom day once a week

SET A:

* Must include at least 1 of the following Core/Olympic lifts each day with variations of sets/reps (create based on program goals)
* Can only use once a week (allowed to do variations of these lifts in SET B)
  + Bench Press
  + Parallel Squat
  + Power/Hang Clean
  + Dead Lift
  + Clean and Jerk
  + The Snatch

SET B:

* Must include at least 6 auxiliary lifts daily (at least 2 sets) or a cross fit/high intensity/plyometric style workout

SET C:

* Must include at least 1 abdominal/core exercise daily with at least 2 sets or
* Row for at least 1000 meters
* If performed in SET B Crossfit/high intensity section, please note on card

Other Criteria

* You may not do the same auxiliary workout back to back days
* Must show variations in sets and repetitions weekly depending on program goals
* Must be able to complete in 35 minutes
* Instructor will meet and sign off on workout each day
* Turn in weekly workouts at the end of each week

References

[www.stack.com](http://www.stack.com) (Sport Specific Exercises)

[www.acefitness.org](http://www.acefitness.org) (Exercise Library)

[www.crossfit.com](http://www.crossfit.com) (Crossfit WOD)

[www.ideafit.com](http://www.ideafit.com) (Exercise Videos)

[www.muscleandstrength.com/workouts/sport.html](http://www.muscleandstrength.com/workouts/sport.html) (Sport Specific Exercises)

**Grading for Workout Program**

**Daily Completion of Workout and Effort (Participation)**: 5 pts (Must be filled out completely: sets/reps/weight)

**Phase Requirements (Assessment):** SET A: 4 Points

SET B: 4 Points

SET C: 4 Points

*\*Will be other assessments based on workout program created*