Senior High School

DepED
DEPARTMENT OF EDUCATION

Health Optimizing Physical Education 1

Quarters 1 and 2 – Module 2: Set Fitness Goal

ALTERNATIVE DELIVERY MODE
ADM

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Alternative Delivery Mode
Quarters 1 and 2 – Module 2: Set Fitness Goal
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Health Optimizing Physical Education

Quarters 1 and 2 – Module 2: Set Fitness Goal

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Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

What I Need to Know

This module was designed and written to help you understand Health Optimizing Physical Education 1 specifically about setting your fitness goal. The scope of this module permits it to be utilized in many various learning situations. The given activities in this module can be done individually or with the help of family members. This module focuses on sets of Frequency Intensity Time Type (FITT) goals based on training principles to achieve and/or maintain health-related fitness (HRF).

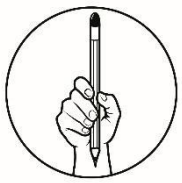
After browsing this module, you're expected to:

1. Discuss the FITT principles and principle of physical activity in helping to develop a private exercise preparation;

2. Create the fitness plan based on the FITT principle and principle of physical activity to reach a fitness goal;

3. Evaluate the potential benefits of FITT principles;

4. Perform moderate to vigorous physical activities based on the programmed fitness plan.



What I Know

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. What is the first element you should set up when planning a workout plan? It refers to how often you exercise.

   A. Frequency B. Intensity C. Time D. Type

2. What is the most basic principle in physical activity that indicates doing more than normal for improvement to happen?

   A. Overload Principle C. Reversibility Principle
   B. Progression Principle D. Specificity Principle

3. What do you call the duration or the length of a session of physical activity?

   A. Frequency B. Intensity C. Time D. Type

4. What principle in physical activity is defined as a gradual increase in exerting effort or load that is done not too slowly, nor too rapidly?

   A. Overload Principle C. Reversibility Principle
   B. Progression Principle D. Specificity Principle

5. Jogging, dancing, lunges, brisk walking, squats, and planking are examples of what FITT principle?

   A. Frequency B. Intensity C. Time D. Type

6. The effect of training will be lost if the training is discontinued. Which principle of physical activity does it refer to?

   A. Overload Principle C. Reversibility Principle
   B. Progression Principle D. Specificity Principle

7. Cardo does jogging, running, and dancing to improve his cardiovascular endurance. What principle of physical fitness does it manifest?

   A. Overload Principle C. Reversibility Principle
   B. Progression Principle D. Specificity Principle

8. Which of the FITT principles discuss the effort level of the exercise?

A. Frequency B. Intensity C. Time D. Type

9. Juan is 32 years old. What is his maximum target heart rate?

A. 186 B. 187 C. 188 D. 189

10. Jannah is 17 years old. She has a resting heart rate of 41, what is Jannah's heart rate reserve?

A. 162 B. 164 C. 166 D. 167

11. Which part of the exercise program stimulates beneficial adaptation when performed regularly?

A. Cool-down
B. Exercise load
C. Stretching
D. Warm-up

12. Which is essential before the actual workload so that the body can prepare for more strenuous activity?

A. Cool-down
B. Exercise load
C. Stretching
D. Warm-up

13. Which part of the exercise program is essential after a workout as it permits the pre-exercise heart rate and blood pressure for a gradual recovery?

A. Cool-down
B. Exercise load
C. Stretching
D. Warm-up

14. How much MET will you spend while sitting at rest?

A. 1 MET B. 2 METs C. 3 METs D. 4 METs

15. Which of the following is considered vigorous exercise?

A. Basketball game
B. Sweeping floors
C. Tennis doubles
D. Walking -5 km/h

Lesson 1 Health Optimizing Physical Education 1: Set Fitness Goal

What's In

Activity 1. FITNESS QUEST

Direction: Identify if the following activities listed in column A are for Cardiovascular Activity, Flexibility, Muscular Strength Activity, and Endurance Activity. Write your answer on a separate sheet of paper.

Example: Weightlifting - Muscular Strength Activity

A	B
1. Jogging	
2. Walking	
3. Sit-ups	
4. Lunges	
5. Dynamic Stretching	
6. Body-weight Exercises	
7. Swimming	
8. Yoga	
9. Brisk Walking	
10. Stretching	
11.Squats	
12.Planks	

What's New

Let's Start!!!

Improving fitness is a crucial goal for achieving optimum health. If carefully planned, performed, monitored, and evaluated, positive health-related outcomes will be achieved which reduces risks of acquiring health problems.

Activity 2: WORD HUNT

Directions: Find ten (10) words related to health on the grid. Words appear straight across, up and down, down and up, and diagonally. Write your answer on a separate sheet.

T	U	Q	T	U	O	R	Y	I	O	P	L	F	J	G
S	I	W	Y	E	R	T	U	F	C	V	K	R	H	F
R	F	M	P	P	R	I	N	C	I	P	L	E	D	D
E	G	H	E	Q	O	G	P	S	G	B	C	Q	S	A
V	Q	G	Z	W	P	J	R	D	F	V	V	U	A	O
E	W	V	W	C	R	K	O	U	D	Q	B	E	Z	L
R	E	S	X	E	A	N	G	G	H	W	N	N	X	R
S	R	D	C	R	S	M	R	R	J	E	M	C	G	E
I	T	F	V	I	N	T	E	N	S	I	T	Y	H	V
B	Y	G	B	T	D	B	S	F	T	R	Y	A	S	O
I	U	H	N	Y	F	V	S	D	Y	T	U	C	D	F
L	I	J	S	P	E	C	I	F	I	C	T	Y	J	K
I	O	K	M	U	G	F	O	L	N	M	I	V	Q	T
T	P	L	F	I	H	D	N	S		B	O	P	W	Y
Y	A	T	R	A	I	N	I	N	G	G	N	B	T	U

1._____ 6._____

2._____ 7._____

3._____ 8._____

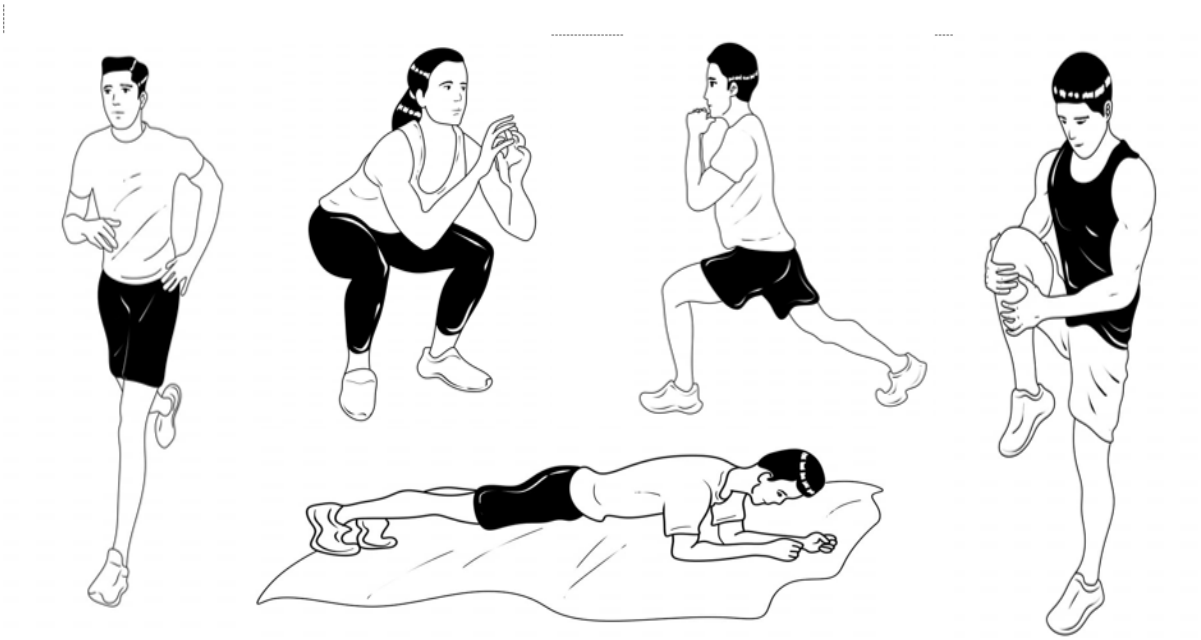
4._____ 9._____

5._____ 10._____

What is It

Effective training takes time and patience. If one adheres to the proper principles of training, the result will definitely be seen. The performance will be improved and physiological changes will occur as well. A proper program of exercise considers three principles of training: the principle of overload, the principle of progressive, and the principle of specificity.

Principles of Physical Activity



Overload Principle

This principle pertains to doing "more than normal" for improvement to happen. It means to boost our fitness, strength, or endurance. The workload is extended accordingly. Applying these training principles will cause long-term adaptations, enabling the body to figure more efficiently to deal with higher levels of performance.

Overloading will be achieved by following the acronym FITT:

Frequency: Increasing the number of times you train per week
Intensity: Increasing the problem of the exercise, for instance, running at 12 km/h rather than 10 or increasing the load you're squatting with.
Time: Increasing the length of your training time for every session, for instance, cycling for 45 minutes rather than 30.

Type: Increase the intensity of the training. For instance, progress from walking to running

Principle of Progression

To ensure that the results will still improve over time, the adapted workload should be continually increased. A gradual and systematic increase within the workload over a period of time will lead to improvement in fitness without risk of injury. If overload occurs and increases rapidly, it may lead to injury or muscle damage. If it increases slowly, improvement is unlikely. For instance, the athlete who exercises vigorously only on weekends violates the principle of progression and may not see obvious fitness gains.

The Principle of Progression also stresses the requirement for correct rest and recovery. Continual stress on the body and constant overload will lead to exhaustion and injury. You ought not to train hard all the time, as you'll risk overtraining and a decrease in fitness.

Principle of Specificity

We have all heard the phrase, "Practice makes perfect." Well, this is often the principle of specificity in action. This principle simply states that exercising a specific piece or component of the body primarily develops that part. The principle of specificity implies that to become better at a selected exercise or skill, you need to perform that exercise or skill. For example, a cyclist should be trained in cycling and a runner should be trained in running. Use the acceptable sort of exercise that directly improves your target muscles.

Principle of Reversibility

Development of muscles will happen if regular movement and execution are completed. If activity ceases, it will be reversed. This shows that benefits and changes achieved from overload will last as long as training is continuous. On the flip side, this also implies that the detraining effect will be reversed once training is resumed. Extended rest periods reduce fitness and therefore the physiological effects diminish over time which throws the body back to its pre-training condition.

Note: The effect of training will be lost if the training is discontinued

What factors should be considered when designing a personal fitness program?

The F.I.T.T Principle of Physical Activity

Understanding the F.I.T.T. principle helps you create a workout plan which will be beneficial in reaching your fitness goals. F.I.T.T. stands for frequency, intensity, time, and type of exercise. These are the four elements you would like to believe to make workouts that suit your goals and fitness level. Learn how the F.I.T.T. principle works.

Table 1. F.I.T.T Principles

Factor	Definition
Frequency	Number of meeting in a week
Intensity	The effort level of the exercise
Time	Period covered in an exercise session
Type	Kind of activity

Frequency

The first thing to identify in the workout plan is frequency—how often you exercise. Your frequency often depends on a spread of things including the sort of workout you're doing, how hard you're working, your fitness level, and your exercise goals. Three to five times a week is a safe frequency for each component of health-related physical fitness.

American College of Sports Medicine sets exercise guidelines to provide a place to start figuring out how often to work out:

For cardio: Include your goal, guidelines recommend moderate exercise five or more days every week or intense cardio three days every week to improve your health. If your goal is to lose weight, you'll need to work often up to six or more days a week.

For strength training: The suggested frequency is two to three non-consecutive days a week, it should be one to two days between sessions. If you are doing a split routine, like the upper body at some point and lower body subsequent, your workouts are going to be more frequent than total body workouts.

Intensity

Intensity refers to how hard you work during the physical activity period. Intensity is often measured in several ways, counting on the health-related component. For instance, monitoring pulse rate is a technique to measure intensity during aerobic endurance activities but gives no indication of intensity during flexibility activities.

For cardio: For cardio, you will usually monitor intensity by heart rate or pulse rate. The recommendation for steady-state workouts is at a moderate intensity and for interval training, it should be done at a high intensity for a shorter period of time.

For strength training: Monitoring the intensity of strength training involves a special set of parameters. The intensity depends on the workload you are doing, the amount of weight you lift, and the number of repetitions and sets. You can change the intensity based on your goals. For a beginner use a lighter weight and do fewer sets with high repetitions (two or three sets of 12 to 20 repetitions). If your goal is to develop muscle, do a higher number of sets with a moderate amount of repetitions (four sets of 10 to 12 reps each). If you want to create strength, use heavyweights to try to do more sets with fewer repetitions, for example, five sets of three repetitions each.

How to get your Target Heart Rate

1. Get the Maximum Heart Rate.

   MHR = 220 - _____ (your age) MHR =_____

2. Determine the Heart Rate Reserve.

   HRR = MHR – _____ (Resting Heart Rate) HRR= _____

3. Take 60% and 80% of the HRR

   a. 60% x HRR = _____ b. 80% x HRR = _____

4. Add each HRR to the Resting Heart Rate (RHR) to obtain the Target Heart Rate (THR) range.

   a. 60% HRR ___ + _____ = _____ beats per minute (RHR)

   b. 80% HRR ___ + _____ = _____ beats per minute (RHR)

Note: Your resting pulse rate is the number of times your heart beats per minute after you are at rest.

Health Trivia

When it comes to resting heart rate, lower is healthier.
It means your heart muscle is in good condition and it does not need to work strongly to maintain a steady beat. Studies found out that a greater resting pulse rate is connected with poor physical fitness and high blood pressure and body weight.

Time

Time is the length of the physical activity. Considering the other aspects of the F.I.T.T principle, the time differs depending on the health-related fitness component targeted.

For cardio: The suggested cardio exercise is 30 to 60 minutes but the duration of your workout depends on the type of exercise. For a beginner, you might start with a workout of 15 to 20 minutes. If you're doing steady-state cardio, like going for a run, you may exercise for 30 minutes to an hour. If you're doing interval training and working at a high intensity, your workout should be shorter, around 20 minutes to a half-hour.

For strength training: How long you lift weights depends on the type of workout you're doing and on your schedule. For a total body workout, you may take up to an hour, but a split routine may take less time because you're working for fewer muscle groups.

Type

Type refers to the definite physical activity selected to improve a component of health-related fitness. For example, a person who wants to improve the arm strength should exercise the triceps and biceps, while an individual who wants to improve aerobic endurance needs to execute some other aerobically challenging activities such as jogging, running, swimming.

For Cardio: Cardio is changeable since any activity that makes your heart rate up counts. Dancing, running, walking, jogging, and cycling are some of the wide variety of activities you may choose. Having more than one cardio activity helps reduce boredom.

For strength training: Strength training workouts can also offer a variety of exercises. It includes any exercise using resistance like dumbbells, barbells, machines, and many others to work your muscles. You may also use your body as a resistance tool. You may change the type of your strength workout depending on your goal.

How to Use the F.I.T.T Principle in Your Workout

The F.I.T.T. principle provides guides on how to control your program and get favorable results. To avoid boredom, injuries, and weight loss plateaus, this principle will help you figure out how to alter workout types, time, intensity, and activities.

For example, walking three times a week for 30 minutes at a moderate pace might be a great help for a beginner. Your body adjusts to these workouts and several things may happen after a few weeks such as:

- Burn fewer calories
- Weight loss
- Boredom sets in

You may also utilize one or more of the F.I.T.T. principles, such as:

- Changing the frequency by adding a day of jogging or walking
- Changing the intensity by adding some running intervals or walking faster
- Changing the time spent jogging each workout day
- Changing the type of workout by dancing, cycling, or running.

Changing one of the elements will create a big difference in the workout plan and in how your body reacts to exercise. It's significant to alter things up on a regular basis to keep your body and mind healthy.

Muscle develops once the body is trained to do more than what it used to. The Principles of Training implies that overloading helps develop targeted muscle areas. Benefits of this can be achieved through continuous overloading, or else, if stopped, it will go back to its original form.

FITT principle acknowledges the importance of optimum fitness development. It stands for Frequency, Intensity, Time, and Type. The physical activity program is used as a guideline for a fitness routine to achieve results. Execution of exercise is also related to its intensity. The more the activity is repeated, the more chances of developing fitness.

Intensity is defined as how easy or hard the designed task is accomplished or the magnitude of work done. The body’s response by the number of times the heart pumps measured in beats per minute determines the intensity. Workable heart rate capacity will help in getting the ideal Target Heart Rate (THR) range.

Proper choosing of activities helps to achieve goals set by specifying the target muscles to develop. To keep activities exciting and interesting, setting up variations in exercises or routines may help.

Part of an Exercise Program

An exercise workout has three components: **warm-up, exercise load, and cool-down**. The **exercise load or workout load** is the program activity that would stimulate beneficial adaptation when performed regularly. A **warm-up** is essential prior to the actual workload as it prepares the body for more strenuous activity. It increases the blood flow to the working muscles without an abrupt increase in lactic acid accumulation. According to research, the warmer the body and muscle, the higher the muscular output. A good warm-up also prepares the heart, muscles, and joints for the next activity by decreasing joint stiffness and increasing nerve impulses. **Cool-down** is essential after a workout as it permits the pre-exercise heart rate and blood pressure for a gradual recovery. Cooling down may be most vital for competitive endurance athletes, like marathoners, because it helps regulate blood flow.

Warm-up - At least 5 to 10 minutes of low to moderate intensity aerobic exercise or resistance exercise with lighter weights.

Conditioning -15 to 60 minutes of aerobic, resistance, neuromuscular, and/or sport activities

Cool-down - At least 5 to 10 minutes of low to moderate intensity aerobic exercise or resistance exercise with lighter weights

Stretching - At least 10 minutes of stretching exercises performed after the warm-up or cool-down phase

Note: For a beginner at least 15 to 30-minute exercise load

Methods for Assessing Aerobic Intensity

Metabolic equivalents (METs) express aerobic intensity as mL per kg per min of oxygen being consumed.

- The energy expenditure while sitting at rest is equal to 1MET. It is taken by convention to be an oxygen uptake of 3.5 mL per kg of body weight per min.
- Light-intensity aerobic activity is an activity done at 1.1 to 2.9 METs, moderate-intensity activity is an activity done at 3 to 5.9 METs while vigorous activity is an activity done at ≥ 6 METs.

The intensity of aerobic activities is sometimes measured as the speed of the activity (for example, walking at 5 km/h, jogging at 10 km/h).

Table 2. MET Equivalents of Common Aerobic Activities

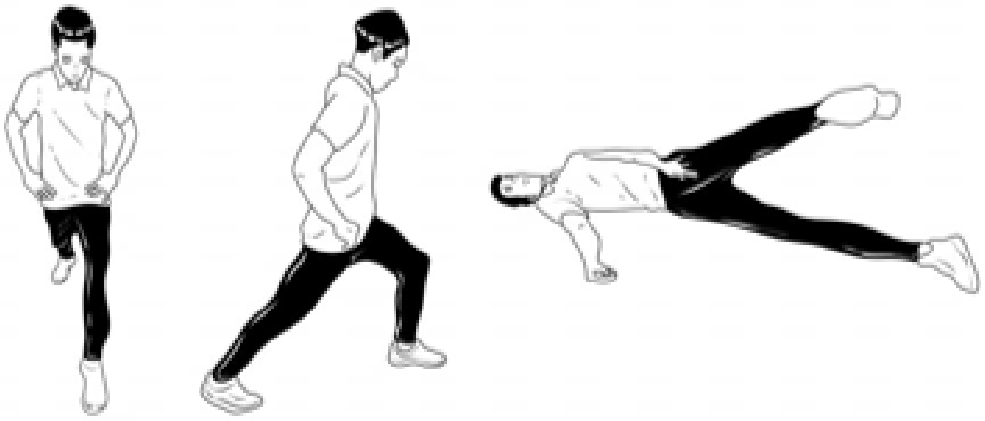
Types of Activity	Light <3METS	Moderate 3 to <6METS	Vigorous ≥ 6 METs
Walking	Walking slowly around home, store or office = 2.0	• Walking ~5 km/h = 3.3 • Brisk walking at ~6 km/h = 5.0	• Walking at very brisk pace (~7 km/h) = 6.3 • Jogging at 8 km/h = 8.0 • Jogging at 10 km/h = 10.0 • Running at 11 km/h = 11.5
Household Chore and Occupation	• Sitting — using computer work at the desk using light hand tools = 1.5 • Standing performing light work such as making the bed, washing dishes, or preparing food = 2.0–2.5	• Cleaning — heavy: washing windows or car = 3.0 • Sweeping floors or carpet, vacuuming, mopping = 3.0–3.5	Shoveling, digging ditches = 8.5 • Carrying heavy loads such as bricks = 7.5
Leisure and Sports	• Arts & crafts, playing cards = 1.5 • Playing most musical instruments = 2.0–2.5	• Badminton — recreational = 4.5 • Cycling — on flat: light effort (16–19 km/h) = 6.0 • Golf — walking pulling clubs = 4.3 • Table tennis = 4.0 • Tennis doubles = 5.0 • Volleyball — non-competitive = 3.0–4.0 • Swimming leisurely = 6.0	• Basketball game = 8.0 • Cycling — on flat: moderate effort (20–22 mph) = 8.0; fast (23–26 mph) = 10 • Football — casual = 7.0; competitive = 10.0 • Swimming — moderate/hard = 8–11 • Tennis singles = 8.0

https://www.chp.gov.hk/archive/epp/files/DoctorsHanbook_ch4.pdf

Here are some examples of physical activities and exercises that you may integrate into your own fitness plan. Remember that the intensity of exercise, as well as the type of activity to be done, will vary for each person, as it is based on the fitness level results during self-testing.

FLEXIBILITY EXERCISES

For Upper Body Muscle

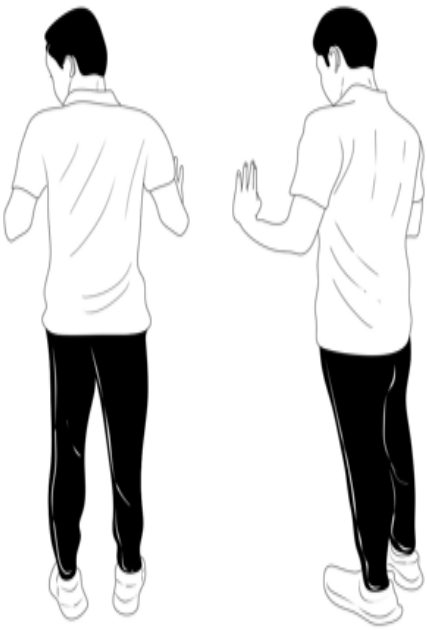


For Calf and side legs

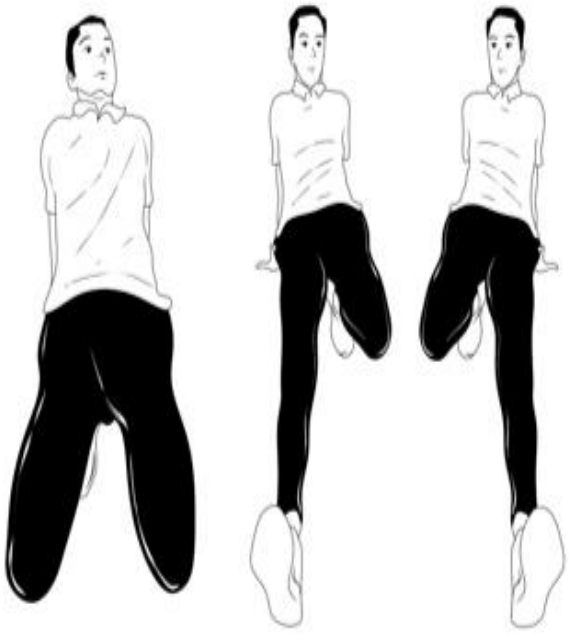
Standing Quadriceps (Legs)

For Hamstring

MUSCULAR STRENGTH and ENDURANCE



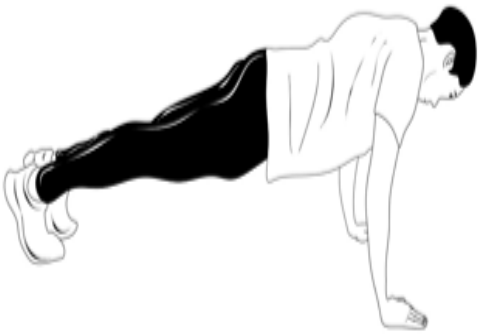
Wall Push-up



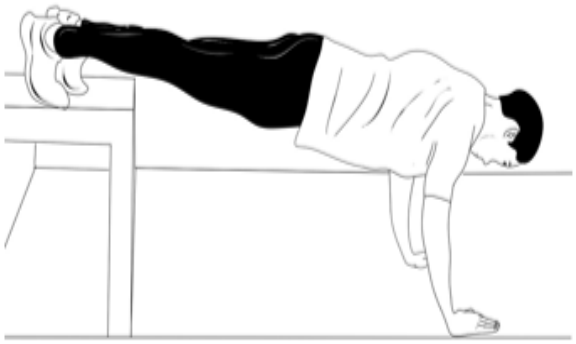
Dips

But Bridge

Sit-ups



Push-Ups



Chair Push-Ups

Side Abs Oblique

Planking

What's More

Activity 3: LET'S DO THIS

Direction: Perform each activity one at a time and fill out the table below with the required information.

Describe the activity based on the following:	**5-minute walking around the home**	**4- minute sweeping floors**	**3- minute jumping jacks**
How did you feel?			
How was your breathing?			
How much did you sweat?			
Did you have difficulty speaking?			

Reflection:

1. Which among the three (walking around, sweeping floor, 3-minute jumping jacks) is considered:

a) Light activity: _____

Justify your answer: _____

_____

b) Moderate activity: _____

Justify your answer: _____

_____

c) Vigorous Activity: _____

Justify your answer: _____

_____

What I Have Learned

Activity 4: SUM IT UP!!

Direction: In this activity, you will summarize all your learnings.

1. Review all the readings you had about the lesson.

2. Cite a generalization by filling in the blank to complete the sentences:

A. F.I.T.T is _____

_____

B. Principles of overload is _____

_____

C. Principles of progression is _____

_____

D. Principles of specificity is _____

_____

E. Principles of reversibility is _____

_____

3. What factors should be considered when designing a personal fitness program? Why? _____

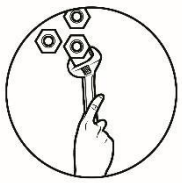
_____

_____

4. Why is it essential to incorporate a warm-up and cool down in a routine exercise? _____

_____

_____



What I Can Do

Activity 5: MY FITNESS PROGRAM

Directions: Create your own fitness program using the F.I.T.T principle. Ask your family members to participate in performing the exercise. Before you start, make sure that your cellular phone is ready to record your video.

FITT Goals	Frequency	Intensity	Type	Time
Parts of the Fitness Plan	(Indicate days of the week)	Light, Moderate – Vigorous	Kind of exercises/ selected physical activities	(Total fitness plan not less than 60 minutes)
Warm-up				
Workout				
1.			1.	
2.			2.	
3			3.	
4			4.	
5.			5.	
Cooldown				

Assessment

Directions: Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Which of the following is true about frequency?

   A. Effort level of the exercise C. Period covered in an exercise session
   B. Number of the session in a week D. Type of activity

2. Which principle in physical activity claims that in order to progress and improve our fitness, we have to put our bodies under additional stress?

   A. Principle of Overload C. Principle of Reversibility
   B. Principle of Progression D. Principle of Specificity

3. Jogging, dancing, lunges, brisk walking, squats, and planking are examples of what FITT principle?

   A. Frequency B. Intensity C. Time D. Type

4. What principle in physical activity is defined as a gradual increase in exerting effort or load that is done not too slowly, nor too rapidly?

   A. Principle of Overload C. Principle of Reversibility
   B. Principle of Progression D. Principle of Specificity

5. Which of the given examples best describes the time principle of physical activity?

   A. 2 times a day C. 1 hour per session
   B. 3 times a week D. All of the above

6. Karen is increasing the difficulty of her exercise, she runs 12km per hour. Which FITT principle is manifested?

   A. Frequency B. Intensity C. Time D. Type

7. Daniel is 42 years old. What is his maximum target heart rate?

   A. 176 B. 177 C. 178 D. 179

8. Maddie is 20 years old. He has a resting heart rate of 40. What is his heart rate reserve?

   A. 158 B. 160 C. 162 D. 164

9. Cardo does jogging, running, and dancing because he wants to improve his cardiovascular endurance. What principle of physical fitness does he manifest?

   A. Principle of Overload
   B. Principle of Progression
   C. Principle of Reversibility
   D. Principle of Specificity

10. Which of the following given statements is true about Principles of Reversibility?

    A. The benefits of training are lost with prolonged periods without training.
    B. Repeatedly practicing a skill or a series of movements past required performance
    C. Exposing the body to an entirely new stimulus creates consistent performance enhancements
    D. To ensure that results will continue to improve over time, the degree of the training intensity must continually increase above the adapted workload.

11. Which part of the exercise program stimulates beneficial adaptation when performed regularly?

    A. Cool-down B. Exercise load C. Warm-up D. Stretching

12. Which of the following is true about warm-up?

    A. It stimulates beneficial adaptation when performed regularly.
    B. It permits the pre-exercise heart rate and blood pressure for a gradual recovery.
    C. It increases the blood flow to the working muscles without an abrupt increase in lactic acid accumulation.
    D. It is the most vital for competitive endurance athletes, like marathoners, because it helps regulate blood flow.

13. Which part of the exercise program is done after the exercise load?

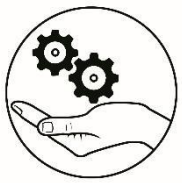
    A. Cool-down B. Exercise load C. Warm-up D. Stretching

14. How much MET will you spend while playing a basketball game?

    A. 5 METs B. 6 METs C. 7 METs D. 8 METs

15. Which is not an example of moderate exercise?

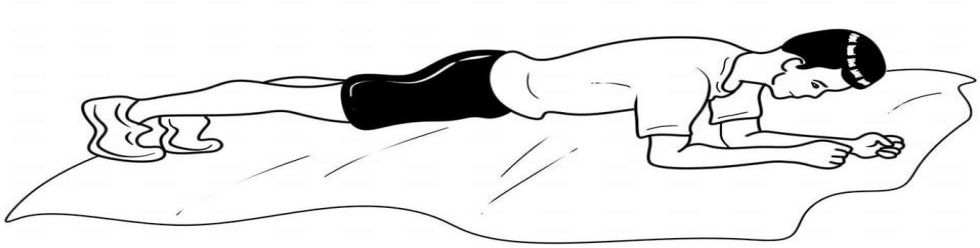
    A. Competitive Football
    B. Sweeping floors
    C. Tennis doubles
    D. Walking -5 km/hr



Additional Activities

According to Nicole Blades a certified trainer in Connecticut, "Plank is one of those jack-of-all-trades exercises you can carry in your back pocket to strengthen not only your core, but also your chest, arms, back, legs, and booty", she added a "plank with proper form can help improve your posture. The best part is, this dynamic move doesn't require any equipment. It's a total body weight exercise".

How to Do a Plank



1. Place your forearms on the floor, elbows aligned with your shoulders and arms about shoulder width apart and parallel to your body.

2. Ground your toes into the floor and gluts firmly press to hold steady your body. Your legs should be working, too — be careful not to lock your knees.

3. Neutralize your neck and spine by observing the spot on the floor.

4. Maintain your position for at least 20 seconds. Maintain your plank for as long as manageable without compromising your form or breath.

Activity 6: LET'S DO THE PLANK!!

Directions: This is a 30-day exercise that will test the muscular strength of your core muscles also your chest, arms, back, legs, and booty.

Day 1: 10 seconds	Day 2: 20 seconds	Day 3: 30 seconds	Day 4: 40 seconds	Day 5: 50 seconds
Day 6: **1 minute!** (60 seconds)	Day 7: 1m & 10 seconds	Day 8: 1m & 20 seconds	Day 9: 1m & 30 seconds	Day 10: 1m & 40 seconds
Day 11: 1m & 50 seconds	Day 12: **2 minutes!**	Day 13: 2m & 10 seconds	Day 14: 2m & 20 seconds	Day 15: 2m & 30 seconds
Day 16: 2m & 40 seconds	Day 17: 2m & 50 seconds	Day 18: **3 minutes!**	Day 19: 3m & 10 seconds	Day 20: 3m & 20 seconds
Day 21: 3m & 30 seconds	Day 22: 3m & 40 seconds	Day 23: 3m & 50 seconds	Day 24: **4 minutes**	Day 25: 4m & 10 seconds
Day 26: 3m & 20 seconds	Day 27: 3m & 30 seconds	Day 28: 3m & 40 seconds	Day 29: 3m & 50 seconds	Day 30: **5 minutes!**

Answer Key

What I Know

A
A
C
B
D
C
D
B
C
A
B
D
A
A
A

Assessment

C
A
D
B
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D
A

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