**Fitness Assignment 2 – Checklist**

**Program Overview**

□ Two forms of progress measurements are used

□ 4 week training calendar filled out

□ Appropriate work/rest days

□ Explains key points regarding form

□ Explains clearly how to select a weight for each exercise

□ Explains the program (includes links and examples)

□ Links to exercises are included (if applicable)

**Strength Workout**

□ Push Day

□ Only push exercises are used (chest, anterior shoulders, triceps)

□ Compound movements/exercises first

□ Larger muscle groups first: Chest -> Shoulders -> Triceps

□ Isolation exercises last

□ Rep and set range is appropriate for clients goals

□ Proper rest period is listed and based clients goals

□ Pull Day

□ Only pull exercises are used (back, posterior shoulders, biceps)

□ Compound movements/exercises first

□ Larger muscle groups first: Back -> Post Shoulders ->Biceps

□ Isolation exercises last

□ Rep and set range is appropriate for clients goals

□ Leg Day

□ Compound bilateral (both legs) exercises first

□ Unilateral (single leg) or isolation movements last

□ Rep and set range is appropriate for clients goals

**Cardio Workout**

□ Warm-up

□ Full body/dynamic

□ Targets major muscles groups that will be worked during the session

□ HITT

□ Intervals are appropriate for HITT (ie. They are intense!!)

□ HR zone is listed (bmp and %)

□ LISS

□ At least 15 minutes in length

□ Multiple LISS options are given

□ HR zone is listed (bmp and %)

□ Cool-Down

□ Stretches target major muscle groups worked during the session

□ Heart Rate Calculations

□ Calculations are shown

□ Max HR is calculated

□ Target HR during HIIT is calculated

□ Target HR during LISS is calculated

**PT Day**

□ Warm-up

□ Full body/dynamic

□ PHA workout

□ Body of the workout follows the guidelines laid out

□ The workout is well balanced

□ There are push/pull exercises

□ There are upper and lower body exercises

□ Abs and Core

□ Is 5-10 mins in length

□ Cardio Finisher

□ Is 5-10 mins in length

□ Cool-Down

□ Stretches target major muscle groups worked during the session