**ASSIGNMENT 1 – Fitness Class Program Design**

It’s time to put all of the awesome learning you have been experiencing in the Fitness & Nutrition Expert Program into action!

For Assignment 1, we want YOU to create 3 awesome high intensity interval workout classes that you can use in the future for your participants.

Please see below 3 different scenarios for workouts and space. There are templates included for you to fill out.

All workouts must be based on time. Include warm up, cool down and abs.

All exercises must include a level 1, 2 and 3 option for beginners, intermediate and advanced. ***IMPORTANT: Please note for Level 3 do not just say heavier weights. Think plyos, compound movements, balance, inclines, etc. This is where you need to put your creative hat on***

You must also name your workout, provide written introduction how you will introduce to class, equipment required (for you and participants) and a verbal wrap up how you will end the class.

Please see “Fun Sheet – How to create a fierce workout!” to help you develop

**Please email your assignment to** [**assignments@fitchicks.ca**](mailto:assignments@fitchicks.ca)

**Note: Be sure to name your assignment file with your name. ie Jane\_Smith\_FitnessAssignment1.doc.**

**Please note we only accept word compatible documents and PDFs. (we cannot open Pages)**

Any questions regarding the assignment, please email  [fne@fitchicks.ca](mailto:Amanda@fitchicks.ca)

**SCENARIO 1 – Indoor HIIT Workout**

**You have an awesome group of 10 chicks ready to get their sweat on in a high intensity interval class in a school gym** (ie the size of a full basketball court).

**The class is a 60 min total body workout with a focus on lower body**. It consists of:

* 5 min Warm up
* 28 min of HIIT Intervals. The intervals will be 4 min rounds with 2 min of cardio (include 2 Cardio exercises 1 min each) & 2 minutes of strength (include 2 strength exercises of 1 min each). You will create 7 rounds. Please note this takes into consideration explanation and transition time.
* 10 min of partner work
* 5 min of abs
* 5 min cool down & stretch

**In terms of equipment at the school,** you can bring your own but the space includes school benches, lines painted on the gym floor and pylons for your use. Your chicks will bring their own weight of 3- 5lbs.

**In terms of fitness levels,** the class is a true mix combination of level 1, 2 and 3. You have 1 chick who has knee injury and cannot do any squats or lunges. You also have a chick who feels very dizzy when going from ground to standing (ie burpees). You will need to provide modifications in your overview for these special circumstances

**What you need to do:**

Based on what you have learned in class, please include

1. Create the name of your workout
2. Write your introduction and explanation of the workout
3. Include Equipment you require as per scenario
4. Create Dynamic Warm up
5. Write workout and include level 1, 2 and 3 for all exercises
6. Provide modifications as per the scenario
7. Create cool down / static stretch
8. Write a wrap up and class reminder to leave your class on an awesome tone and get them to sign up for more

**SCENARIO 1 – Indoor HIIT Workout Template**

**NAME OF WORKOUT:**

**INTRODUCTION:**

**EQUIPMENT REQUIRED:**

**WARM UP - 5 minutes** (Dynamic Stretching – Please include 5 exercises you will do for 30 sec each and repeat for a total of 5 min)

|  |  |
| --- | --- |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |

**BODY OF WORKOUT –**

**2 min of cardio (2 exercises done 1 min each) & 2 min Strength (2 exercises done 1 min each)**

|  |  |  |  |
| --- | --- | --- | --- |
| **EXERCISE** | **LEVEL 1** | **LEVEL 2** | **LEVEL 3** |
|  |  |  |  |
| CARDIO 1 |  |  |  |
| CARDIO 2 |  |  |  |
| STRENGTH 1 |  |  |  |
| STRENGTH 2 |  |  |  |
|  |  |  |  |
| CARDIO 1 |  |  |  |
| CARDIO 2 |  |  |  |
| STRENGTH 1 |  |  |  |
| STRENGTH 2 |  |  |  |
|  |  |  |  |
| CARDIO 1 |  |  |  |
| CARDIO 2 |  |  |  |
| STRENGTH 1 |  |  |  |
| STRENGTH 2 |  |  |  |
|  |  |  |  |
| CARDIO 1 |  |  |  |
| CARDIO 2 |  |  |  |
| STRENGTH 1 |  |  |  |
| STRENGTH 2 |  |  |  |
|  |  |  |  |
| CARDIO 1 |  |  |  |
| CARDIO 2 |  |  |  |
| STRENGTH 1 |  |  |  |
| STRENGTH 2 |  |  |  |
|  |  |  |  |
| CARDIO 1 |  |  |  |
| CARDIO 2 |  |  |  |
| STRENGTH 1 |  |  |  |
| STRENGTH 2 |  |  |  |
|  |  |  |  |
| CARDIO 1 |  |  |  |
| CARDIO 2 |  |  |  |
| STRENGTH 1 |  |  |  |
| STRENGTH 2 |  |  |  |

**PARTNER WORK: 10 MIN** (Please include 4 partner drills / work of 2 min each. Allow 30 sec transition. Please include what each partner will do & level 1,2,3 options)

Drill 1:

Drill 2:

Drill 3:

Drill 4:

**ABS: 5 MIN (**Please include 5 exercises you will do for 30 sec each and repeat for a total of 5 min)

|  |  |
| --- | --- |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |

**COOL DOWN** - **5 MIN** (Static Stretching – Please include 5 exercises you will do for 60 sec each for a total of 5 min)

|  |  |
| --- | --- |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |
|  |  |

**MODIFICATIONS FOR SPECIAL CIRCUMSTANCES LISTED ABOVE:**

**CLASS WRAP UP / REMINDERS**

**SCENARIO 2 – Indoor Circuits / Stations Workout**

**You have an awesome group of 8 chicks who are ready to rock a circuit / stations workout**. It is held indoors in a large community centre.

**This 45 min workout consists of 3 rounds of 8 Stations / circuits.** Each station is 1 min. You will have a 30 sec to get to the next STATION.  Once you have completed all exercises in Round 1, repeat all stations in Round 2 and then Round 3.  You will do each round once.

* Warm Up
* 8 stations for Round 1: 4 cardio & 4 strength
* 8 stations for Round 2: 4 cardio & 4 strength
* 8 stations for Round 3: 4 abs & 4 core (include lower back)
* cool down & stretch

*(Please include how chicks will transition between stations ie walking lunges, jogging, leap frogs, etc. Please only select ONE 30 sec transition exercise per round that they will do between all exercises of that round.)*

**In terms of equipment at the school,** you have to bring your own. No equipment is provided

**In terms of fitness levels,** the class is a true mix combination of level 1, 2 and 3. You have 1 chick who cannot do push ups due to a wrist injury. You will need to provide modifications in your overview for these special circumstances.

**What you need to do:**

Based on what you have learned in class, please include

1. Create the name of your workout
2. Write your introduction and explanation of the workout
3. Include Equipment you require as per scenario
4. Create Dynamic Warm up
5. Write workout and include level 1, 2 and 3 for all exercises
6. Provide modifications as per the scenario
7. Create cool down / static stretch
8. Write a wrap up and class reminder to leave your class on an awesome tone and get them to sign up for more

**SCENARIO 2 – Indoor Circuits / Stations Workout Template**

**NAME OF WORKOUT:**

**INTRODUCTION:**

**EQUIPMENT REQUIRED:**

**WARM UP - 5 minutes** (Dynamic Stretching – Please include 5 exercises you will do for 30 sec each and repeat for a total of 5 min)

|  |  |
| --- | --- |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |

**ROUND 1: INDOOR CIRCUITS / STATION ALTERNATING CARDIO & STRENGTH**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **EXERCISE** | **LEVEL 1** | **LEVEL 2** | **LEVEL 3** |
| CARDIO STATION 1 |  |  |  |  |
| STRENGTH STATION 2 |  |  |  |  |
| CARDIO STATION 3 |  |  |  |  |
| STRENGTH STATION 4 |  |  |  |  |
| CARDIO STATION 5 |  |  |  |  |
| STRENGTH STATION 6 |  |  |  |  |
| CARDIO STATION 7 |  |  |  |  |
| STRENGTH STATION 8 |  |  |  |  |
| 30 SEC TRANSITION EXERCISE BETWEEN STATIONS |  |  |  |  |

**ROUND 2: INDOOR CIRCUITS / STATION ALTERNATING CARDIO & STRENGTH**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | EXERCISE | LEVEL 1 | LEVEL 2 | LEVEL 3 |
| CARDIO STATION 1 |  |  |  |  |
| STRENGTH STATION 2 |  |  |  |  |
| CARDIO STATION 3 |  |  |  |  |
| STRENGTH STATION 4 |  |  |  |  |
| CARDIO STATION 5 |  |  |  |  |
| STRENGTH STATION 6 |  |  |  |  |
| CARDIO STATION 7 |  |  |  |  |
| STRENGTH STATION 8 |  |  |  |  |
| 30 SEC TRANSITION EXERCISE BETWEEN STATIONS |  |  |  |  |

**ROUND 3: INDOOR CIRCUITS / STATIONS ALTERNATING ABS & CORE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | EXERCISE | LEVEL 1 | LEVEL 2 | LEVEL 3 |
| ABS STATION 1 |  |  |  |  |
| CORE STATION 2 |  |  |  |  |
| ABS STATION 3 |  |  |  |  |
| CORE STATION 4 |  |  |  |  |
| ABS STATION 5 |  |  |  |  |
| CORE STATION 6 |  |  |  |  |
| ABS STATION 7 |  |  |  |  |
| CORE STATION 8 |  |  |  |  |
| 30 SEC TRANSITION EXERCISE BETWEEN STATIONS |  |  |  |  |

**COOL DOWN** - **5 MIN** (Static Stretching – Please include 5 exercises you will do for 60 sec each for a total of 5 min)

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| --- | --- |
| 1 |  |
| 2 |  |
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| 4 |  |
| 5 |  |

**MODIFICATIONS FOR SPECIAL CIRCUMSTANCES LISTED ABOVE:**

**CLASS WRAP UP / REMINDERS:**

**SCENARIO 3 – Outdoor HIIT Workout**

You have a fierce group of 12 chicks ready to get their sweat on in an outdoor high intensity interval class in a park.

**The class is a 60 min total body tabata inspired workout using the outdoor elements.** It consists of:

* Warm up
* Cardio Tabatas – round 1
* Strength training – Upper Body (Total 6 min – Please include 3 exercises 1 min each, repeat)
* Cardio Tabatas – Round 2
* Strength training – Lower Body (Total 6 min – Please include 3 exercises 1 min each, repeat)
* Cardio Tabatas – Round 3
* Strength training – Upper Body (Total 6 min – Please include 3 exercises 1 min each, repeat)
* Cardio Tabatas – Round 4
* Strength training – Lower Body (Total 6 min – Please include 3 exercises 1 min each, repeat)
* Cardio Tabatas – Round 5
* Strength Training – Core (Total 6 min – Please include 3 exercises 1 min each, repeat)
* cool down & stretch

**In terms of equipment at the park,** you can bring your own but the outdoor space includes a large hill, park benches and stairs. It also has a very large field. Your chicks will bring their own weight of 3- 5lbs.

**In terms of fitness levels**, the class is a true mix combination of level 1, 2 and 3. You have no injuries or modifications needed for this class

**SCENARIO 3 – Outdoor Tabatas Inspired Workout Template**

**NAME OF WORKOUT:**

**INTRODUCTION**

**EQUIPMENT REQUIRED:**

**WARM UP - 5 minutes** (Dynamic Stretching – Please include 5 exercises you will do for 30 sec each and repeat for a total of 5 min)

|  |  |
| --- | --- |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |

|  | **EXERCISE** | **LEVEL 1** | **LEVEL 2** | **LEVEL 3** |
| --- | --- | --- | --- | --- |
| **CARDIO TABATA 1** |  |  |  |  |
| **Strength training – Upper Body**  ***(Total 6 min – Please include 3 exercises 1 min each, repeat)*** |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **CARDIO TABATA 2** |  |  |  |  |
| **Strength training – Lower Body**  ***(Total 6 min – Please include 3 exercises 1 min each, repeat)*** |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **CARDIO TABATA 3** |  |  |  |  |
| **Strength training – Upper Body**  ***(Total 6 min – Please include 3 exercises 1 min each, repeat)*** |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **CARDIO TABATA 4** |  |  |  |  |
| **Strength training –Lower Body**  ***(Total 6 min – Please include 3 exercises 1 min each, repeat)*** |  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| **CARDIO TABATA 5** |  |  |  |  |
| **Strength training – Core**  ***(Total 6 min – Please include 3 exercises 1 min each, repeat)*** |  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**COOL DOWN** - **5 MIN** (Static Stretching – Please include 5 exercises you will do for 60 sec each for a total of 5 min)

|  |  |
| --- | --- |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |

**MODIFICATIONS FOR SPECIAL CIRCUMSTANCES LISTED ABOVE**

**CLASS WRAP UP / REMINDERS:**

**MARKING BREAKDOWN TO NOTE DURING DEVELOPMENT**

1. What is the name of the workout? (5 marks)
2. Write out how you will introduce the class? (5 marks)
3. List the equipment you will use including what is provided? (5 marks)
4. Write out your dynamic warm up including time (10 marks)
5. The Workout including levels for each exercise (40 marks)
6. Modifications for your class as per scenario (20 marks)
7. Write out your cool down and static stretch including time (10 marks)
8. Write out how you will wrap up the class? (5 marks)