

Name: _____ Date: _____

Workout Request Plan



Objectives:

I would like a complete workout that uses lots of the different muscles in my body. I also want to do some aerobic exercise to keep my heart healthy. I'm not sure how muscles really work or how to keep them in shape. Can you help?

How muscles work:

Why muscles ache when you are exercising:

Exercise 1:

Exercise 2:

Exercise 3:

Exercise 4:

Exercise 5: