

Sample Physical Fitness Program

Warm-Up Routine

(Practiced before each aerobic or strength routine)

1. Do ONE of the following:
 - a. Jog or run in place two to three minutes.
 - b. Do an easy rope skip for one to two minutes.
 - c. Walk briskly for three to five minutes.
 - d. Swim an easy stroke at a slow speed for 100 yards.
2. Do stretching exercises for three to five minutes.

Aerobic Routine

(Two or three times per week; alternate with the strength routine. The distance, repetitions, and rest intervals should be reviewed and adjusted weekly as your performance improves.)

1. Wind sprints:
Running distance _____ Repetitions _____ Rest time _____
Swimming distance _____ Repetitions _____ Rest time _____
2. Mid-distance workout (best time). Do ONE of the following:
 - a. 600-yard run
 - b. 400-yard swim

Flexibility Routine

(Five times per week)

1. Floor reaches (palms touch forward; knuckles touch between; fingertips touch behind)—10 repetitions, from full upright to each position
2. Back bends (with a buddy holding feet down)—10 repetitions, holding 10 seconds on each
3. Isometric stretch (legs outstretched together; hands grasping insteps; toes pointed forward while pulling back with arms)—10 repetitions, holding 10 seconds each time