

# 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

## Sample Program

Refer to the Sample Physical Fitness Program starting on page 75 of this pamphlet. This program is apparently for a Scout who is already physically active and is fairly aggressive about the benefits he wants to achieve. It also appears that he has access to a swimming pool and some special exercise equipment.

For variety, the sample program has several warm-up and exercise options. You can include options or alternative routines in your program, or choose one specific routine. Remember to consider access and convenience in making these selections.

If you are going swimming, biking, skating, or whatever your routine, be sure that all safety rules and requirements are satisfied. Do not attempt to use weights or other special equipment without getting instruction on the safe use of this equipment from a coach, instructor, or experienced user.

Now, using the sample program as a model, use your personal fitness test results, and your personal goals, to plan your own 12-week fitness program. Begin by filling in the last column ("Goals") on your fitness measurement sheet. Decide what you want to achieve on each of the aerobic, flexibility, and strength measurements. Be realistic, but challenge yourself to make a substantial improvement on each measure. Then figure out what routines will get you from your starting measurements to your goals, and plan your fitness program accordingly. You may want to adjust and revise your program every week or two as you progress. Be sure that your program is reviewed and approved by your counselor before you begin the exercises.

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### Aerobic Routine

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Running distance \_\_\_\_ Repetitions \_\_\_\_ Rest \_\_\_\_  
Swimming distance \_\_\_\_ Repetitions \_\_\_\_
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  - a. 600-yard run
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### Flexibility Routine

(Five times per week)

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

