**Project:** To design your own training program – but you only need to design one week of it.

**Guidelines:**

Must be typed.

Determine a routine/training split and type up one microcycle (1 week) of it.

Must be a minimum of two (2) days of weights and three (3) days of cardio. However, more than this is for either is fine.

Must not directly copy one of the sample programs I gave out earlier.

Must include (but not limited to) exercises, sets, reps, and rest intervals between sets.

Must include cardio – time and mode.

Describe your personal goals in paragraph, and therefore explain why you chose the specific exercises, sets, reps, rest intervals, etc.

Must demonstrate proper exercise order.

I will be basically grading on effort, proper exercise order, and if your goals/explanations relatively match your program. For example, DON'T say you want to increase your 1-rep max on the bench press, and then turn around and say you are going to do 2 sets of 15-20 reps with only 30 seconds of rest between sets in order to reach that goal. This would be erroneous and not beneficial to meeting that specific goal. Use the notes for help.