**Project:**  To design your own training program.

**Guidelines:**

Must be typed.

Determine a routine/training split and create one week of it.

Must be a minimum of three (3) days of weights (greater than this 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.

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

Must demonstrate proper exercise order.

Include cardiovascular exercise if any. (But not necessary)

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 not be efficient/realistic. Use the lecture notes for help.