SUPERFIT – Course Completion Assignments

* List all possible training equipment/gear you will have at your means to train safely in home or by yourself outdoors. Think creatively to use all possible resources/gear for exercises like traditional gym equipment but also natural and manmade objects such as bars, rocks, tires, rims, dowels, sandbags, tubing, bike tubes, rope, duct tape, mats, yoga mats, buckets, cones, weights and anything you feel you can use safely and creatively.
* Create a new HOME workout program. Think Muscle groups, think Push, think Pull, think upper and lower, think weights exercises, think playground, think crossfit, think fun, think movement, think exercise, think HIIT, think cardio, think bikes, rollerblades, runs, sprints, jumping, burpees, squats, one leg jumps, pushups, pull ups, shoveling, raking, wheelbarrow sleds, heavy lifting, speed, sports, and all possibilities.
* Divide your Program into 5 days and label them either Muscles, Movements or Training Focus.

Create either each day into 40 sets (8 exercises x 5 sets), OR 200 reps, 300 reps or 400 reps in total counts for each day OR list possible movement such as 45-minute bike ride or 25 minute run.

* Complete workouts 5 x per week for a minimum of One Hour each of the 5 days per week
* Create a written journal digital LOG that will act as a reflection book and daily record log for exercise completed.

**Your record digital LOG book is MANDATORY for successful completion of Term 4 and has important course impact for final SuperFit Course grade.**

* Create a music video of one exercise session that can be shared with classmates and instructor to either give examples of exercises or motivate and entertain them as a creative release from the CoVid 19 isolation life.
* Research Training Concepts and write a detailed summary of 3 of the following choice options. Include 3 exercises that will show the training theory for each of the 3 concepts you selected.