



PES111 – Lifetime Fitness
Assignment 4 –

Weight: 20%

The deadline to submit it on Moodle is on Tuesday the 4th of May 2021 at 11:59PM.
Please go through the syllabus for late submission and plagiarism cases.

Develop a full body strength session which you can perform at home, using available equipment, and adapted to your own fitness level.

Include:

- **6 exercises targeting upper body muscle groups** (Shoulders, chest, ABS, Arms, Back)
- **3 exercises targeting lower body muscle groups** (Legs, Calves)

WHAT MUST YOU INCLUDE?

1. Your fitness level: beginner / amateur /OR experienced in strength training
2. Assign a **warm-up** at the beginning of the session and **stretching exercises** at the end of the workout.
3. Name of each exercise.
4. Mention Material or equipment used.
5. Sets per exercise and repetitions.
6. Pay attention to the order of exercises.
7. Include a picture of each exercise.
8. Include a short explanation on how to perform the exercise.

Instructions:

- Your paper should be submitted as a PDF File
- Include a cover page.
- *Credit the Sources of Information and Ideas:* When citing Internet sources, include the following information: author(s), title of work, Internet address, and date information was published. For the images taken from the internet, add the link at the bottom of the image.