

Final Project

Final Project Proposal for Part 1 (Sample)

1. For each of the two weeks of this project, I will complete the workout presented below.
2. I will keep records by keeping track of my steps on my phone and by documenting my lifts using a notebook.
3. The benefits will include, first, maintaining cardio health by walking 10k steps a day. Second, gaining muscle helps keep a healthy weight by boosting metabolism. Finally, the flexibility routine helps recruit muscles for efficient movement.

Dr. Todd's Weekly Workout Plan (Sample)

10,000 Steps

F: 6 Days/Week (Sunday-Friday)
I: Easy, Brisk Walk
T: Roughly 1hr, 10 min
T: Level 1 of Fitness Pyramid

Weights Workout 1: Heavy Chest
Bench Press (5x5)
Dip (4x10)
Incline Dumbbells (5x8)
Military Press (5x5)
Other minor lifts for triceps

Incline Treadmill Cardio

F: 1 Day/Week (Saturday)
I: Difficult, High Heart Rate
T: 45 minutes
T: Level 3 of Fitness Pyramid, Vigorous Aerobics

Weights Workout 2: Heavy Back
Power Clean (5x5)
Barbell Row (5x5)
Pull ups (4x10)
T-Rows (4x10)
Seated Rows (4x10)
Other minor lifts for biceps

Tom Merrick's Flexibility Routine Video

F: 1 Day/Week (Saturday)
I: Stretch only to minor stress
T: 45 minutes
T: Level 5 of Fitness Pyramid

Weights Workout 3: Heavy Legs
Back Squat (5x5)
Dead Lift (4x5)
Leg Press (4x12)
Leg Extensions (4x12)
Leg Curls (4x12)
Calf Lifts (7x15)

Weight Training

F: 3 Days/Week
I: Heavy Weights, Train to Failure
T: 45 minutes
T: Level 4 of the Fitness Pyramid, Weight Training