



Created by Allison Relyea (Guilderland CSD) & William Bode (Charlotte, NC)

## Exercise Demonstrations Match 'em, Complete em', Create em'

- Copy and paste the exercise term with the correct exercise GIF.
- Once you have successfully matched all of the exercises, complete each one for at least 45 seconds...max 1 minute. This should be completed at a MODERATE to HIGH intensity level depending on your current level of fitness. The only REST in between each exercise is when you are taking your pulse and writing it down. (no more than 20 seconds in between each exercise). This is similar to a HIIT style routine - high intensity interval training.
- Pulse: Find your pulse, count the number of Beats per Minute (BPM) and add a "0" to the end. (Ex: counted 11 bpm in 6 seconds. HR= 110 bpm)
- Once you have reviewed the exercises, begin your workout. You will record your heart rate when you are done and log it after each exercise. Once all exercises/heart rates are logged, use the chart to record your zone.
- Complete the reflection questions and complete the "Create em" section of the assignment.

Push Up	Squats	Mountain Climbers	Plank
Russian Twists	Power Squats	Power Jacks	Superman
V-Sit up	Lunges	Bicycle Crunches	Swimmers
Dips			

1.          HEART RATE: Heart Rate Zone:		2.          HEART RATE: Heart Rate Zone:	
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3.



HEART RATE:  
Heart Rate Zone:

4.



HEART RATE:  
Heart Rate Zone:

5.



HEART RATE:  
Heart Rate Zone:

6.



HEART RATE:  
Heart Rate Zone:

7.



HEART RATE:  
Heart Rate Zone:

8.



HEART RATE:  
Heart Rate Zone:

9.



HEART RATE:  
Heart Rate Zone:

10.



HEART RATE:  
Heart Rate Zone:

11.



HEART RATE:  
Heart Rate Zone:

12.



HEART RATE:  
Heart Rate Zone:






13.



HEART RATE:  
Heart Rate Zone:



**Complete the reflection  
questions below**

	Target zone	% of max HR bpm range	Example duration	Training benefit
Maximize Performance	<b>5</b> MAXIMUM 	90–100% 171–190 bpm	Less than 5 minutes	<b>Benefits:</b> Increases maximum sprint race speed <b>Feels like:</b> Very exhausting for breathing and muscles <b>Recommended for:</b> Very fit persons with athletic training background
Improve Fitness	<b>4</b> HARD 	80–90% 152–171 bpm	2–10 minutes	<b>Benefits:</b> Increases maximum performance capacity <b>Feels like:</b> Muscular fatigue and heavy breathing <b>Recommended for:</b> Fit users and for short exercises
Lose Weight	<b>3</b> MODERATE 	70–80% 133–152 bpm	10–40 minutes	<b>Benefits:</b> Improves aerobic fitness <b>Feels like:</b> Light muscular fatigue, easy breathing, moderate sweating <b>Recommended for:</b> Everybody for typical, moderately long exercises
	<b>2</b> LIGHT 	60–70% 114–133 bpm	40–80 minutes	<b>Benefits:</b> Improves basic endurance and helps recovery <b>Feels like:</b> Comfortable, easy breathing, low muscle load, light sweating <b>Recommended for:</b> Everybody for longer and frequently repeated shorter exercises
	<b>1</b> VERY LIGHT 	50–60% 104–114 bpm	20–40 minutes	<b>Benefits:</b> Improves overall health and metabolism, helps recovery <b>Feels like:</b> Very easy for breathing and muscles <b>Recommended for:</b> Basic training for novice exercisers, weight management and active recovery

## Reflection Questions

1. What exercise was the most challenging for you? Why?
2. Were you able to complete all of the exercises for at least 45 seconds at a moderate to high intensity? Please explain your answer. Reflect on current levels of fitness, motivation, difficulty of exercise, etc...
3. Did you notice any changes in your heart rate either up or down during your workout routine? Why do you think this occurred?



HEART RATE: Heart Rate Zone:		HEART RATE: Heart Rate Zone:	
7.  HEART RATE: Heart Rate Zone:		8.  HEART RATE: Heart Rate Zone:	
9.  HEART RATE: Heart Rate Zone:		10.  HEART RATE: Heart Rate Zone:	



5. Were you successful with your routine in getting into a level 3 zone or higher in any exercise(s)? Name the exercises in which this occurred. If your answer is no, why do you think it did not happen.
  
6. Are there any changes you would make to your routine? Length of time in the activity? Rest time in between? Intensity levels?