

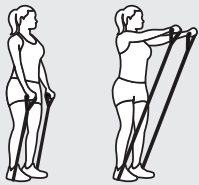
Resistance bands are a great tool for strength training and are perfect for use at home or on the go. When designing a workout, sets and repetitions describe the number of times you perform an exercise. A repetition is the number of times you perform a specific exercise. A set is the number of cycles you complete the repetitions.

**Beginners:** Select 2-4 exercises from the examples below and perform 5-10 repetitions of each move. Repeat for 2-3 sets.

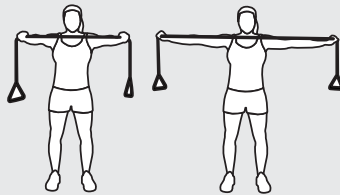
**Advanced:** Select 4-5 exercises performing 10-12 repetitions. Repeat for 2-3 sets.

An active rest day gets you moving and allows you to recuperate between workouts. Some examples of active rest activities are swimming, biking, yoga, and pilates. The best activity regimen is one that is safe. This resource will help you identify your activity game plan for the week. Work with your coach to execute a plan that is safe, effective and sustainable for you.

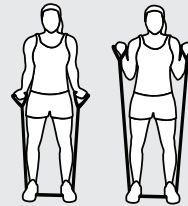
*Record your progress on the back of this sheet and share with your coach!*



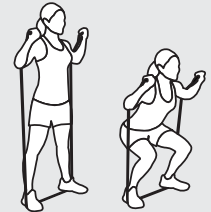
Front Raises



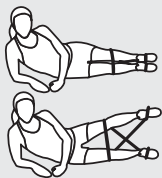
Pull Aparts



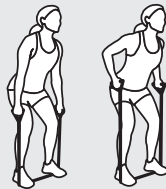
Bicep Curls



Squats



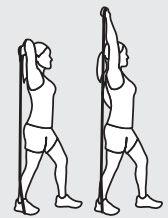
\*Lateral Leg Lifts



\*Bent Over Rows



\*Shoulder Press



\*Tricep Extensions

## MY ACTIVITY GAME PLAN:

My reasons for becoming more active are:

The moves I plan to execute this week are:

How many days will you be active this week?

How many repetitions of each move will you complete?

How many sets of each move will you complete?

Are you planning any active rest days? If so, which days and what type of activity would you like to do?

# DAY 01

# DAY 02

# DAY 03

# DAY 04

# DAY 05

# DAY 06

# DAY 07

Sets: _____	Reps: _____	Sets: _____	Reps: _____	Sets: _____	Reps: _____	Sets: _____	Reps: _____	Sets: _____	Reps: _____	Sets: _____	Reps: _____	Sets: _____	Reps: _____
Front Raises	_____	Front Raises	_____	Front Raises	_____	Front Raises	_____	Front Raises	_____	Front Raises	_____	Front Raises	_____
Pull Aparts	_____	Pull Aparts	_____	Pull Aparts	_____	Pull Aparts	_____	Pull Aparts	_____	Pull Aparts	_____	Pull Aparts	_____
Bicep Curls	_____	Bicep Curls	_____	Bicep Curls	_____	Bicep Curls	_____	Bicep Curls	_____	Bicep Curls	_____	Bicep Curls	_____
Squats	_____	Squats	_____	Squats	_____	Squats	_____	Squats	_____	Squats	_____	Squats	_____
*Lateral Leg Lifts	_____	*Lateral Leg Lifts	_____	*Lateral Leg Lifts	_____	*Lateral Leg Lifts	_____	*Lateral Leg Lifts	_____	*Lateral Leg Lifts	_____	*Lateral Leg Lifts	_____
*Bent Over Rows	_____	*Bent Over Rows	_____	*Bent Over Rows	_____	*Bent Over Rows	_____	*Bent Over Rows	_____	*Bent Over Rows	_____	*Bent Over Rows	_____
*Shoulder Press	_____	*Shoulder Press	_____	*Shoulder Press	_____	*Shoulder Press	_____	*Shoulder Press	_____	*Shoulder Press	_____	*Shoulder Press	_____
*Tricep Extensions	_____	*Tricep Extensions	_____	*Tricep Extensions	_____	*Tricep Extensions	_____	*Tricep Extensions	_____	*Tricep Extensions	_____	*Tricep Extensions	_____

MOOD Check:

MOOD Check:

MOOD Check:

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MOOD Check:

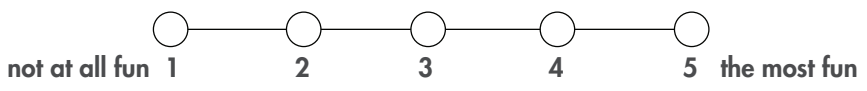
MOOD Check:

\*Advanced exercise

## REFLECTION: To be completed after at least one workout.

- The exercise I felt most confident doing: \_\_\_\_\_ Why? \_\_\_\_\_
- The exercise I felt least confident doing: \_\_\_\_\_ Why? \_\_\_\_\_

3. It's important to find ways to be physically active that are also FUN! When we find activity that is fun - we do it because we want to, not because have to. This can help you find an activity plan that you can adopt for the long haul! Evaluate the amount of fun you had with your activity plan this week:



4. Sometimes we don't realize the different ways activity positively influences our lives! Circle below what changes, if any, you noticed:

- Improved mood
- Improved body image
- Better sleep
- Other:
- Increased mental focus
- More productive
- Improved nutrition

5. What changes, if any, would you like to make to your activity plan in the week ahead?

6. What is one thing you need to continue to do in the week ahead to be successful with your activity plan?