**FITNESS PROGRAM**

**HAKIIM NORMAN**

Term 2 Fitness 2018

Fitness Program

In the second term of fitness class, we are assigned to create a personal fitness program to reach our own personal fitness goals which are also expected to turn into our daily lifestyle/habit.

We are given a maximum time of 8 weeks starting from 11/12 October, until November the 27th. In the end, I am hoping that I will be able to achieve these two goals ; 1. Have an ideal body mass 2. Have a fit and healthy daily lifestyle.

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| Date | Week | Name of Excerise | Frequency | Time | Intensity | Type | Notes |
| 12 Oct | 1 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 13 Oct | 1 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 14 Oct | 1 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 15 Oct | 1 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 16 Oct | 1 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 17 Oct | 1 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 18 Oct | 1 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 19 Oct | 2 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 20 Oct | 2 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 21 Oct | 2 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 22 Oct | 2 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 23 Oct | 2 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 24 Oct | 2 |  |  |  |  |  |  |
| 25 Oct | 2 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 26 Oct | 3 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 27 Oct | 3 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 28 Oct | 3 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 29 Oct | 3 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 30 Oct | 3 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 31 Oct | 3 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 1 Nov | 3 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 2 Nov | 4 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 3 Nov | 4 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 4 Nov | 4 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 5 Nov | 4 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 6 Nov | 4 |

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| --- | --- | --- | --- | --- |
| 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |

 | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 7 Nov | 4 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 8 Nov | 4 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 9 Nov | 5 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 10 Nov | 5 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 11 Nov | 5 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 12 Nov | 5 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 13 Nov | 5 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 14 Nov | 5 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 15 Nov | 5 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 16 Nov | 6 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 17 Nov | 6 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 18 Nov | 6 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 19 Nov | 6 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 20 Nov | 6 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 21 Nov | 6 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 22 Nov | 6 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 23 Nov | 7 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 24 Nov | 7 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 25 Nov | 7 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 26 Nov | 7 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |
| 27 Nov | 7 | 1.Basketball 2. Push up3. Sit up | 1. Twice a day (lunch and afterschool)2. 3 sets3. 2 sets | 1. 60 Minutes (total)2. 10 each set3. 25 a set | 1.High2. Medium3. Medium | 1. Anaerobic and Aerobic sport2. Anaerobic exercise3. Anaerobic Excercise |  |