**KIN 119 MIDTERM PROJECT:**

Design **TWO** different workouts for you or somebody else. **TYPE IT OUT.**

**WORKOUT #1: Upper Body Workout**

Make sure the program includes the following in the layout:

* Mobility Work/ Neural Warm-Up (3 Exercises, 3-5 Reps)
* Dynamic Warm-up (3-5 Exercises, around 5 minutes)
* Bodyweight Strength Training Session **(at least 6 exercises)**
  + Reps (how many of each exercise)
  + Sets (how many times through a circuit)
  + Exercises **and short description**
    - (use exercises from each body part from our book in Chapters 1-6)
* Cool Down (3 exercises)

**WORKOUT #2: Upper Body Circuit Training with Cardio Aspects**

Make sure the program includes the following in the layout:

* Mobility Work/ Neural Warm-Up (3 Exercises, 3-5 Reps)
* Dynamic Warm-up (3-5 Exercises, around 5 minutes)
* Bodyweight Strength Training Session & Cardio **(at least 12 exercises, 6&6)**
  + Reps (how many of each exercise)
  + Sets (how many times through a circuit)
  + Exercises **and short description**
    - (use exercises from each body part from our book in Chapters 1-6)
* Cool Down (3 exercises)