**KIN 119 FINAL PROJECT:**

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

**See pages 206-211 in Bodyweight Strength Training Anatomy, “Planning Your Program”, for examples of a template for whole-body routine, lower-upper split routine, push-pull routine, body part split routine, and sample HIIT/MRT sessions.**

**WORKOUT #1: Upper Body Workout**

* Mobility Work/ Neural Warm-Up
* Injury Prevention, Visual Warm-up
* Dynamic Warm-up (Core coordination)
* Bodyweight Strength Training Session (The Workout as indicated above)
  + Exercises (exercises from each body part from our book in Chapters 1-6)
  + Reps (how many of each exercise)
  + Sets (how many times through a circuit)
* Energy System Development (Conditioning)
* Cool Down

**WORKOUT #2: Lower Body Workout**

* Mobility Work/ Neural Warm-Up
* Injury Prevention, Visual Warm-up
* Dynamic Warm-up (Core coordination)
* Bodyweight Strength Training Session (The Workout as indicated above)
  + Exercises (exercises from each body part from our book in Chapters 7-9)
  + Reps (how many of each exercise)
  + Sets (how many times through a circuit)
* Energy System Development (Conditioning)
* Cool Down

**WORKOUT #3: Full Body Workout**

* Mobility Work/ Neural Warm-Up
* Injury Prevention, Visual Warm-up
* Dynamic Warm-up (Core coordination)
* Bodyweight Strength Training Session (The Workout as indicated above)
  + Exercises (exercises from our book in Chapter 10 or all other chapters)
  + Reps (how many of each exercise)
  + Sets (how many times through a circuit)
* Energy System Development (Conditioning)
* Cool Down

**WORKOUT #4: Full Body Circuit Training**

* Mobility Work/ Neural Warm-Up
* Injury Prevention, Visual Warm-up
* Dynamic Warm-up (Core coordination)
* Bodyweight Strength Training Session (The Workout as indicated above)
  + Exercises (exercises from our book) **+ Movement Drills** emphasizing cardio **in between** strength session
  + Reps (how many of each exercise)
  + Sets (how many times through a circuit)
* Energy System Development (Conditioning)
* Cool Down