**KIN 119 FINAL PROJECT EXAMPLE:** Design **FOUR** different workouts for you or somebody else.

**WORKOUT #1: Upper Body Workout**

* Mobility Work: 3 Drills from Neural Warm-Up 1 related to upper body
* Injury Prevention, Visual Warm-up
	+ 3 Drills from Neural Warm-Up 2 related to upper body; 1 vision drill
* Dynamic Warm-up (Core Coordination)
	+ 3 Body Weight Drills for a set time or reps
* Strength Training Session (The Workout as indicated above), Reps, & Sets
	+ 2 Exercises for Chest - 2 Exercises for Back -2 Exercises for Shoulders - 1 Exercise for Biceps- 1 Exercises for Triceps
* Energy System Development (Conditioning): 20-30 minutes of Conditioning of your choice

**WORKOUT #2: Lower Body Workout**

* Mobility Work: 3 Drills from Neural Warm-Up 1 related to lower body
* Injury Prevention, Visual Warm-up
	+ 3 Drills from Neural Warm-Up 2 related to lower body; 1 vision drill
* Dynamic Warm-up (Core Coordination)
	+ 3 Body Weight Drills for a set time or reps
* Strength Training Session (The Workout as indicated above), Reps, & Sets
	+ 2 Exercises for Glutes- 2 Exercises for Quads- 2 Exercises for Hamstrings - 2 Exercises for Calves
* Energy System Development (Conditioning): 20-30 minutes of Conditioning of your choice

**WORKOUT #3: Full Body Workout**

* Mobility Work: 4 Drills from Neural Warm-Up 1 related to lower and upper body
* Injury Prevention, Visual Warm-up
	+ 4 Drills from Neural Warm-Up 2 related to lower and upper body; 1 vision drill
* Dynamic Warm-up (Core Coordination)
	+ 3 Body Weight Drills for a set time or reps
* Strength Training Session (The Workout as indicated above), Reps, & Sets
	+ 2 Exercises for Glutes(8-15 reps per set, 4-8 sets- your choice)
	+ 2 Exercises for Chest(8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Quads(8-15 reps per set, 4-8 sets- your choice)
	+ 2 Exercises for Back(8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Hamstrings (8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Shoulders (8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Abdominals (8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Erector Spinae (8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Biceps(8-15 reps per set, 4-8 sets- your choice)
	+ 1 Exercise for Triceps(8-15 reps per set, 4-8 sets- your choice)
* Energy System Development (Conditioning): 20-30 minutes of Conditioning of your choice

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

* Mobility Work: 4 Drills from Neural Warm-Up 1 related to lower and upper body
* Injury Prevention, Visual Warm-up
	+ 4 Drills from Neural Warm-Up 2 related to lower and upper body; 1 vision drill
* Dynamic Warm-up (Core Coordination)
	+ 3 Body Weight Drills for a set time or reps
* Strength Training Session (The Workout as indicated above), Reps, & Sets
	+ 1 Exercises for Glutes(reps or time- your choice)
	+ 1 Exercises for Chest(reps or time- your choice)
	+ 1 Exercise for Quads(reps or time- your choice)
	+ 1 Movement Drill (reps or time- your choice)
	+ 1 Exercises for Back(reps or time- your choice)
	+ 1 Exercise for Hamstrings (reps or time- your choice)
	+ 1 Exercise for Shoulders (reps or time- your choice)
	+ 1 Movement Drill (reps or time- your choice)
	+ 1 Exercise for Abdominals (reps or time- your choice)
	+ 1 Exercise for Erector Spinae (reps or time- your choice)
	+ 1 Movement Drill (reps or time- your choice)
	+ REPEAT
* Energy System Development (Conditioning): 20-30 minutes of Conditioning of your choice