**KIN 250-2 MIDTERM PROJECT:**

Design a **two-day** workout program you can do based on the exercises and methods we have covered in the class. **TYPE IT OUT.**

**WORKOUT #1: Upper Body/ Lower Body/ or Split/Full Body Workout (at least 5 exercises)**

**WORKOUT #2: Upper Body/ Lower Body/ or Split/Full Body Workout (at least 5 exercises)**

**WORKOUT #3: Upper Body/ Lower Body/ or Split/Full Body Workout (at least 5 exercises)**

**WORKOUT #4: Upper Body/ Lower Body/ or Split/Full Body Workout (at least 5 exercises)**

Make sure the program includes the following in the layout:

* **Mobility Work/ Neural Warm-Up:**
  + 3 Exercises (see my website, Neural & Dynamic Warm-up tab)
* **Dynamic Warm-up:**
  + 3 Exercises (see my website, Neural & Dynamic Warm-up tab)
* **Strength Training Session** (The Workout as indicated above):
  + At least **5** Exercises **and short description**
  + Reps (how many of each exercise)
  + Sets (how many times through a circuit)
  + Your **Estimated Load** (amount of weight)
* **Cool Down:**
  + 3 Exercises (neural work or stretches or walking)