Developing and Exercise Program.

Using your notes, how to develop an exercise routine, design a program that you may want to use.

The program should be/include:

1. Be **4 weeks** in length; explain what you are going to do on each day.
2. Should have a minimum of three days in each week
3. What are you exercising? (on each day)
    a. Should include a warm-up and cool down
        i. Explain your plan for warm-up and cool down
    b. Use the F.I.T.T method to develop the workout
        i. If you choose to do a weightlifting routine explain what you are lifting, and what exercises you are doing.
4. Include a goal you would like to accomplish with the exercise routine.
    a. This needs to be an essay. At least **6 sentences.**

http://www.aworkoutroutine.com/how-to-design-an-effective-workout-routine/