

# Exercise workout plan essay samples

[Psychology](#), [Success](#)



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## **Exercise Workout plan**

### Goals for Workout Plan

The main focus is to reduce my waist size and also to build lean muscle. I want to reduce my waist size to 32 inches which is currently 40 inches at present. I would also like to build muscle in areas of my biceps and also focus on calve muscles.

For achieving this I have kept realistic goals which I can achieve on a daily basis along with my other daily routine work. This would include improving my cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and lastly my body composition (BMI). Of the 5 goals I have mentioned, muscular strength, endurance and flexibility are short term goals while cardiorespiratory fitness and body composition are long term goals.

### **Daily exercises and work out plan**

I have planned my activity list on the basis of FIT principle. For my main aim of reducing my waistline I would go for a walk for 1 hour or cycling for 30 minutes 6 times a week. This would happen early in the morning before a

warm up activity. This includes basic stretch exercises to increase blood flow and reduce muscle tension. To improve and build muscle strength and endurance I would do a couple of exercises after my work hours. This would normally begin at 7pm in the evening. Stretch (Active) exercise, 20 push-up's, Cool down for 2 minutes by deep breathing, followed by 20 rounds of crunches 5 times a week will help me reduce fat around the waist and also build muscle. Alternatively if I miss out on cycling I prefer going for a swim for 30 minutes to improve my cardiorespiratory as well as muscle strength.

### **Monitoring results**

After all the planned exercises and activity, the main goal is to check whether they all work in reducing my waistline and also building muscle and strength. Checking my weight and measuring my waistline weekly will enable me to reduce or increase daily exercises.

Although the exercise seem to be ideal, but monitoring BMI and BMR of my body would be essential. This will help improvise the routine and intensity of a particular exercise.

### **Exercising using FIT principle**

Stretches (Active) for 2 minutes, ideally as a warm up before any exercise routine. Early morning active stretches will be part of my daily regime (all seven days).

Also to the next level of exercising, (Push up's and Crunches) which will be followed 5 times a week (20 cycles of each). (Excluding Saturdays and Sundays) This will not only build muscle but also help overall shaping of the body and reducing body fat as well.

If cycling and swimming is not possible every day, walking for 60 minutes in the mornings after a small and quick warm up would be considered.

On Saturdays and Sundays high intensity exercises are to be followed which include, playing football or volleyball. Also stretches (active stretching) is most preferable. Playing board games like carom and chess will enhance my mental and emotional health as well. Leisure activities like watching television is also sometimes essential.

Other lifestyle activities include walking up the staircase instead of using the elevator. Making a cup of coffee in the kitchen or buying some groceries at the local store. Using the office gym if possible for light exercise. Stretch exercises mainly after every 1 hour of sitting front of the desktop in the office. The stretch exercise would include neuromuscular stretches. This will prevent any kind of muscle tension or pull which is often the case in individuals in a stationary environment.

## **References**

Cardiovascular Endurance- the ability of the heart to provide oxygen to muscles during physical activity for a prolonged period of time.

General fitness. Web. Accessed 12 December 2013.

Exercise Guides – Stretching Exercises. Bodybuilding. com Web. Accessed 12 December 2013.