

# [Fitness activity log](https://assignbuster.com/fitness-activity-log/)

Fitness activity log BY ALLEGIANCE Physical Education Activity Log Name: Alex Wallace Week # 4 Date 10-3-14 Workout 1 Workout 2 Workout 3 Workout 4 Workout 5 Date 9/299/30 10/1 10/2 10/3 Total Time min min 41 min min Activity- describe in detail \*Terrain (runs/ walks- uphill’s/downhill) \*waves (size and frequency) swimming strokes, length, time… \*Weight training ( which machines, setting of machines, frequency, in what time.. Reps etc.. )\*Tennis (volleys approximately 50 in 15 minutes.

Playing singles, doubles, travesties, serves how many in how much time etc… ) Etc. Warm-up (time)- Main activity – Cool down (time)- Went swimming for 30 minutes , did 15 laps, 5 laps breast stroke, 5 laps backward, 2 laps swimming with Just my legs , 2 using Just my arms and 1 rest lap. 7 minutes stretch and light Jog to the pool, 0. 3 miles away Go swim laps 7 minutes stretch and a light Jog back home 0. 3 miles away Biked 4 miles 2 miles up hill \*25 minutes 2 miles down hill \*20 minutes 5 minute squats and stretching

Bike ride 7 minute light Jog 0. 2 miles 30 minute yoga- side plank, tree, squat, chair , warrior 1, warrior 3, bridge, downward dog, est.. 50 Jumping Jacks 1 minute Yoga 10 minutes of meditation 25 minutes of Volleyball- 2 against 3, play till 307 minutes light Jog 0. 3 miles and stretch Volleyball 7 minutes stretch and a light Jog back home 0. 3 miles away Ran miles uphill and 2 back downhill took minutes 5 minutes of stretching and burgees Run 5 cool down Jog 200 meters and stretch Coach initials