



Lesson 17: Homework

- 1) Make a strength training exercise plan for this week based on your current abilities. (Worksheet 1)
- 2) Write down your plan to increase in intensity next week. (Worksheet 2)
- 3) Tell at least two people about some of the benefits of strength training (teaching others helps you learn better yourself!).
- 4) Continue to follow the Club Reduce nutrition and lifestyle guidelines.
- 5) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

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Worksheet 1: Strength Training for My Body

The following are some suggestions of exercises you can do. Don't forget to rotate muscle groups daily to give each one time to rest. Use weights appropriate for your current strength and skill level. Exercises to choose from include:

Push-ups
Body Weight Squat
Shoulder Press
Body Weight Squat

Bicep Curls
Walking Lunges
Chair Dips

Dumbbell Row
Standard Lunges
Abdominal Crunches

Week 1	Exercises	# of Reps	Weights
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Worksheet 2: Pump it Up!

Increase the intensity of your strength training workouts. Try using more weight this time.

Push-ups
Body Weight Squat
Shoulder Press
Body Weight Squat

Bicep Curls
Walking Lunges
Chair Dips

Dumbbell Row
Standard Lunges
Abdominal Crunches

Week 2	Exercises	# of Reps	Weights
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			