Name	Date	Class Period

60 Minute Workout Plan

Now that we have learned about the Five Components of Physical Fitness from developing your Slideshow Presentations, you are going to create a 60-minute workout plan that involves at least 3 of the 5 health-related components of fitness. Input your information on the chart below to better organize your information.

- Cardiorespiratory Endurance
- Muscular Strength
- Muscular Endurance
- Body Composition
- Flexibility

Component of Physical Fitness	Exercise	Number of Repetitions	Duration of Time