

Activity:

List five different types (or kinds) of exercises you could do for each of the categories below.

CARDIO	
STRENGTH	
FLEXIBILITY	
NEUROMOTOR	

Log the number of minutes below.					WEEKLY CHALLENGE
	CARDIO	STRENGTH	FLEXIBILITY	NEUROMOTOR	
MON					CARDIO 150 minutes Perform at a moderate level of intensity, over 3-5 days.
TUE					
WED					STRENGTH 50 minutes Perform two training sessions, each having at least eight different
THU					
FRI					FLEXIBILITY 30 minutes Perform two sets of each stretch, holding 30-60 seconds.
SAT					
SUN					NEUROMOTOR 60 minutes Perform exercises over 2-3 days.