**Healthy Living and Personal Fitness Activites Workout Sheet**

**Name:**

**Figure A:** Circuit Results

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Bench Press** | **Shoulder Press** | **Bicep Curls** | **Lat Pulldown** | **Triceps Pulldown** | **Calf Raises** | **Leg Extensions** | **Sit Ups** | **Push ups** |
| **Fast or Slow twitch workout** |  |  |  |  |  |  |  |  |  |
| **Weight Used** |  |  |  |  |  |  |  |  |  |
| **Amount of Reps** |  |  |  |  |  |  |  |  |  |
| **Assistance Required?** |  |  |  |  |  |  |  |  |  |
| **Maximum effort?** |  |  |  |  |  |  |  |  |  |

**Figure B:** Form Checklist

Beside each statement put a Y (yes) or N (no) for your partner

* Are the knees actively spread apart?
* Are they keeping their back as straight as possible?
* For shoulder press, are their elbows located slightly ahead of their chest?
* Are they actively breathing during each rep?
* For bicep curls are they just using their biceps or are they using an entire body movement?
* For each exercise are they going all the way down on each rep?