7th and 8th grade Fitness Project

* work with a partner and develop a fitness plan for an individual who has one of the following goals to accomplish in  6 weeks:
  + To lose 10 pounds.
  + To increase muscle size and strength (full body).
  + To become more toned and lean (full body).
  + To jump higher, run faster, and increase endurance for basketball or soccer.
* Needs to include a ppt presentation with the following information:
  + 6 weeks worth of fitness planning
    - detailed weekly plans
  + Explanation or pictures describing the exercises chosen
  + Why those exercises were chosen and how they will help accomplish the goal
  + Minimum 6 slides

Share your project with me:

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* This will be counted as a test grade for the fitness unit.