

Game/Activity: Individual student training plans

Grade Level: Grades 9 to 12

We have used many of these sites to assist students in building individualized training programs in classes such as strength and conditioning, health and fitness and active living. Below is content from a hand out we provide students with when beginning the process of individual program development.

Workout Plans and Exercise Ideas *Build you own workout plans*

Good Workout Plans:

Muscleandstrength.com
Muscleandfitness.com
Bodybuilding.com
Freetrainers.com
Bodbot.com
Fitnessblender.com
Fitbot/myfit.ca

Info to build own plans:

Nerdfitness.com
Mensjournal.com (good sport specific website)

Other good websites:

Netfit.co.uk
Gymprofessorshuttle
Breakingmuscle.com
Gymprofessor.ca

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