

SAMPLE PERSONAL FITNESS PLAN

BSHB = Boy Scout Handbook, PFMBP = Personal Fitness Merit Badge pamphlet

1. Warm-Up Routine (BSHB, pg. 77-79; PFMBP, pp. 71,76)

(Practiced before each aerobic or strength routine)

1. Do ONE of the following: (PFMBP, pg. 71)

- a. Jog or run in place two to three minutes.
- b. Do an easy rope skip for one to two minutes.
- c. Walk briskly for three to five minutes.
- d. Swim an easy stroke at a slow speed for 100 yards.

2. Do stretching exercises for three to five minutes. (PFMBP, pg. 76)

- a. Thigh Stretch (BSHB, pg. 78)
- b. Achilles Tendon and Calf Stretch (BSHB, pg. 78)
- c. Straddle Stretch (BSHB, pg. 78)
- d. Lower Back Stretch (BSHB, pg. 78)
- e. Shoulder Stretch (BSHB, pg. 79)

2. Aerobic Routine (BSHB, pg.81)

(Two or three times per week; alternate with the strength routine. The distance, repetitions, and rest intervals should be reviewed and adjusted weekly as your performance improves.)

Do ONE of the following:

Jogging Time: _____ Repetitions: _____ Rest Time: _____

Swimming Distance: _____ Repetitions: _____ Rest Time: _____

Walking Time: _____ Repetitions: _____ Rest Time: _____

3. Strength Routine (BSHB, pp. 79-80)

(Two or three times per week; alternate with aerobic routine; counts, repetitions, and rest intervals to be reviewed and adjusted weekly, as appropriate)

Push-Ups: _____ Repetitions: _____ Rest Time: _____

Sit-Ups: _____ Repetitions: _____ Rest Time: _____

Curl-Ups: _____ Repetitions: _____ Rest Time: _____

4. Flexibility Routine (PFMBP, pp. 73-75, 77)

(Five times per week)

1. **Hamstring stretch.** Lie flat; extend one knee toward the head, with hands clasped together behind the knee. Slowly lift the foot upward, hold 15-20 seconds, then slowly lower back to the starting position. Repeat with the other leg. Do three repetitions. (PFMB, pg. 75)

2. **Lower trunk rotations.** Lie flat with knees slightly bent. Keep the knees together and slowly lower them to the left; hold 10-15 seconds. Raise the knees back to the starting position, then slowly lower the knees to the right; hold 10-15 seconds. Do three repetitions. (PFMB, pg. 74)

3. **Cats and camels.** Get on hands and knees, with hands and knees a shoulder's width apart. Slowly arch the back upward, then lower it toward the floor. Straighten the back to a comfortable position. Do five repetitions. (PFMB, pg. 73)

5. Cool-Down (PFMBP, pp. 75, 77)

(Five-minute "walk-and-talk" after each aerobic or strength routine)

Do not neglect the cool-down period, which helps prevent muscle cramps after exercise and enhances the benefits of your physical fitness program.