**PERSONAL FITNESS DAY GUIDELINES**

**FOR FULL CREDIT/ AN APPROPRIATE WORKOUT:**

**WARM-UP:** 2-5 minutes (at least!)

Heart Rate: 100-120 BPM

\*NO STATIC STRETCHING BEFORE YOU ARE WARMED UP!

**ACTIVITY:** 15-20 minutes in TARGET HEART RATE

Fat Burn Heart Rate: 120-140 BPM

Cardo/Muscle Build: 140-160 BPM

**COOL DOWN:** 2-5 minutes

\*SHOULD INCLUDE STATIC STRETCHING TO PREVENT INJURY/SORENESS!

***Make the time you put into YOURSELF be worthwhile…. Your future self will thank you! ☺***