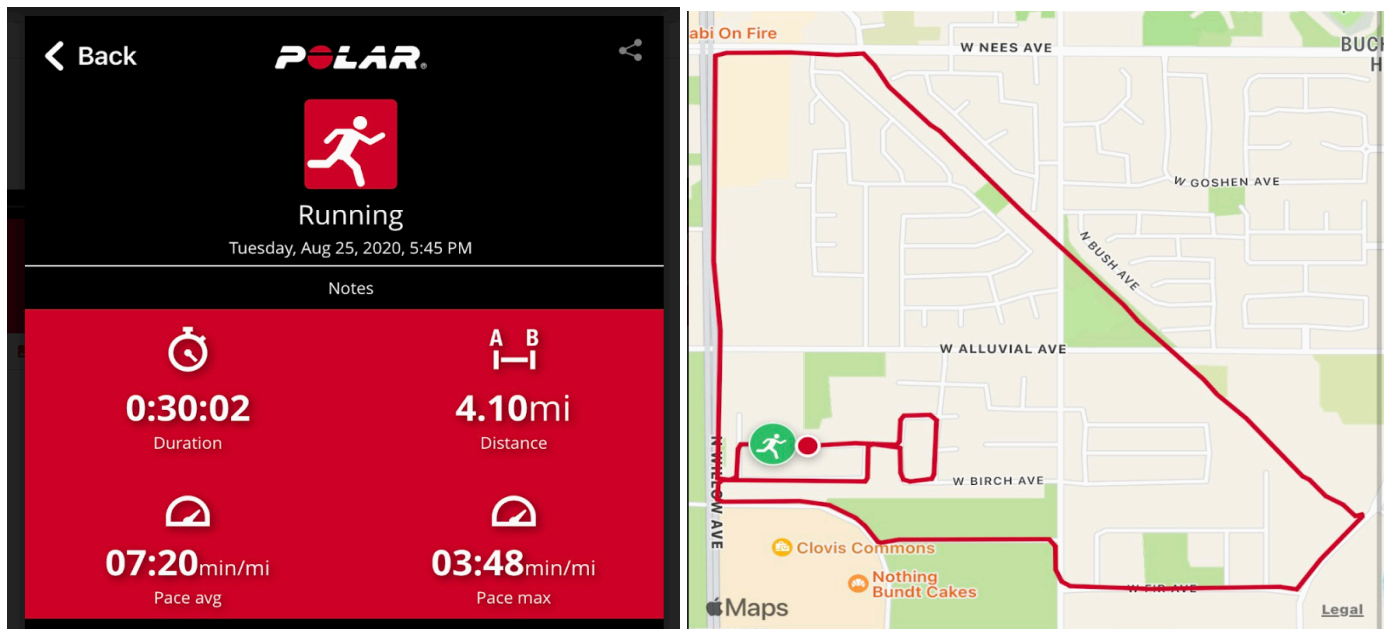


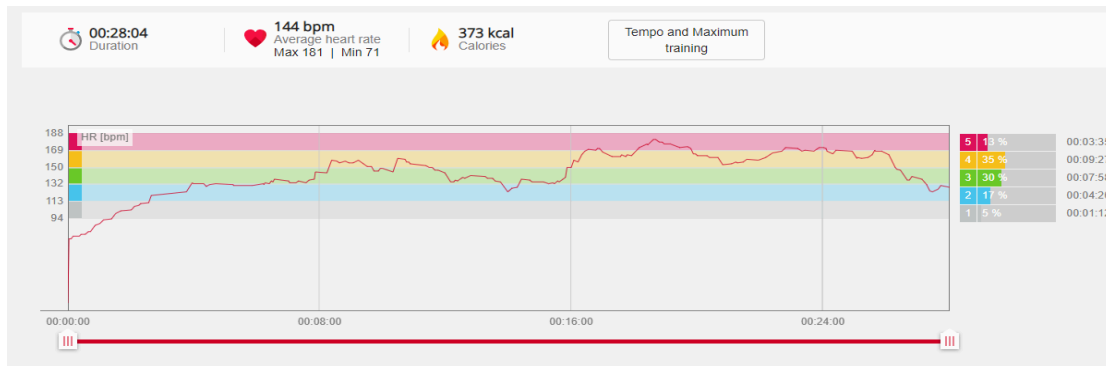
Sophomore Physical Education Homework Log

1. 08-14-24 – I went for a 30-minute steady-state run. The first mile was my slowest and I used it as my warm-up. Because it was a steady state and not high intensity I did not need a separate dedicated warm-up. After that, each mile was very consistent and I did not stop to walk at all during this run. I ran 4.1 miles and had an average heart rate of 168 bpm. My max heart rate was at the end with 196 because I did a 400-meter burst to finish the run. I felt great during the run but very tired after the sprint to finish.

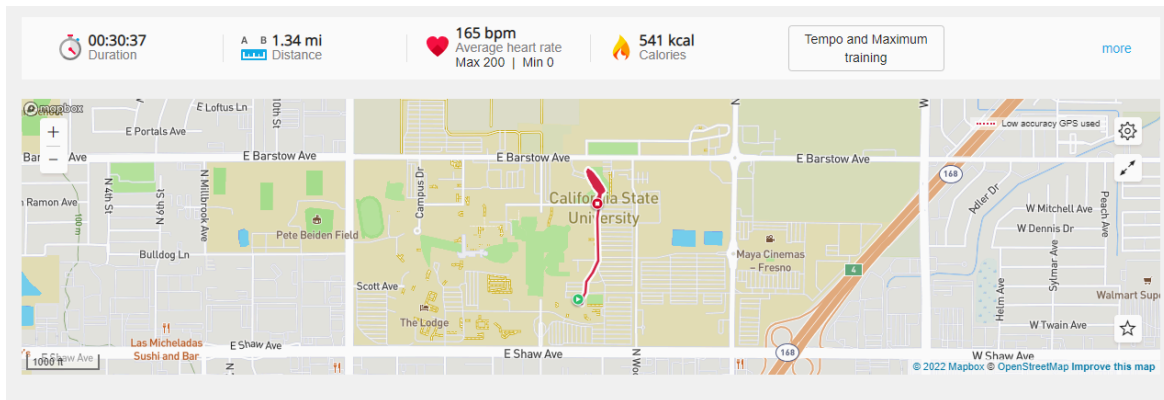


2. 08-15-24 – I did a chest weight training session for 45 minutes. I started with a 5-minute warm-up on the elliptical machine. The goal was just to slightly elevate my heart rate to release synovial fluid between my joints before weight training. It was not at a fast pace, and I just got my heart rate up to 140 bpm. I then did 4 sets and 10 reps for all six exercises. After each set, I rested for 90 seconds. The following are the exercises I did; bench press with 225 pounds, Decline with 225 pounds, Incline with 205 pounds, dumbbell flys 70 pounds, dips with 50lb dumbbell, and overhead tricep extensions with 80 pounds. With this style of weight training, it does not raise your heart rate much but my muscles were very fatigued and the next day I was very sore.

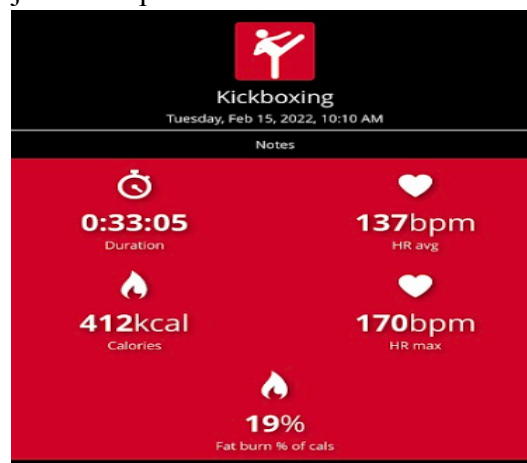
3. 08-20-24 – I went to a Jiu-Jitsu class on Tuesday and worked out for 90 minutes. During the first 15 minutes of class, we did a variety of cardio movements, dynamic stretches, upper and lower body exercises, and a few static stretches to warm up. We then spent 30 minutes learning new moves. We did a couple of guard passes and how to defend them. Then to finish the class we worked on techniques and free rolled. The free roll was about 45 minutes and was very fast-paced. The class was not tiring and slower-paced until the free roll. During the 45 minutes of free roll, I was breathing heavily and tired by the end. Below is my heart rate data for the free roll portion.



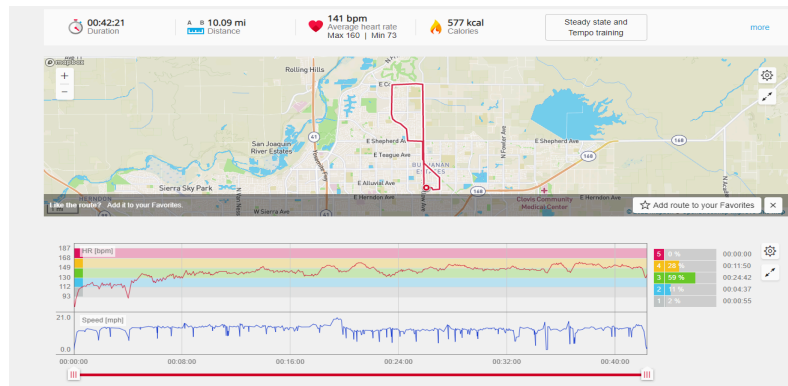
4. 08-22-24 – I did 100-meter repeats for 35 minutes. I started with a nice easy 5-minute dynamic warm-up and then did one 100-meter at a fast jog. Now that I was warmed up I did 8 100 meter sprints going as fast as I could on each one. After each one, I rested for 2 minutes and 45 seconds to ensure I had recovered enough to be able to give full effort on the next sprint and to make sure I did not build up too much lactic acid. After I did a slow 3-5 minute walk to slowly lower my heart rate because I had it up over 200 bpm. Below is the image of the sprints.



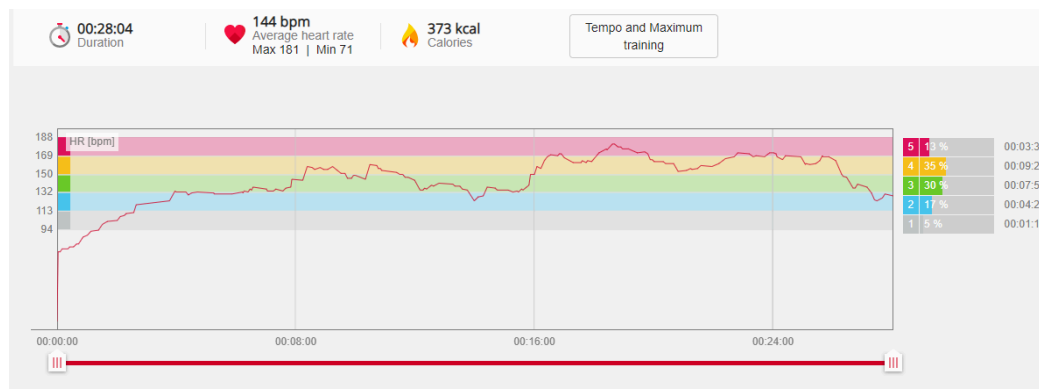
5. 08-26-24 – I did some kickboxing for 33 minutes. I did a variety of combinations and tried to keep my heart rate elevated the entire time. I started with a three-minute light warm-up on the heavy bag. This was to slowly elevate my heart rate and to practice combinations I would be using during the workout. I then did a variety of stretches for my upper and lower body to allow for a better range of motion with my combinations. I then did 7 three minute rounds with a minute rest in between each round. By the end, I was very tired even though my average heart rate was just 137 bpm.



6. 08-27-24 – I went for a 42-minute bike ride. The pace was moderate for the first 10 minutes and the last 10 minutes for my warm-up and cool-down. For the other 22 minutes, I would pedal as hard as I could for 30 seconds and then recover at a moderate pace for the next 30 seconds. My heart rate would peak at 160 bpm during the intervals of 30 seconds of hard peddling. Overall my heart rate was not very high, just averaging 141 bpm. In the end, I went 10.09 miles.



7. 09-03-24 – I used my rower today for 30 minutes. In total, I went 7284 meters. The first 5 minutes was the slowest pace and used as my warm-up. The rest was fairly steady with the last 5 minutes being the most instance to try and get as many meters as possible. I had an average heart rate of 144 bpm and a max heart rate of 181.



8. 09-05-24 – I went for a 40-minute walk around campus to measure the distance for our campus run. I was not tired by the end of the walk and my heart rate was only slightly elevated to 108 BPM. I walked at a fast pace but it was pretty much my typical walking speed. The total distance was 2.84 miles. I was not tired from this workout.

