

- work with a partner and develop a fitness plan for an individual who has one of the following goals to accomplish in 3 months:
 - To lose 15 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:
 - 2 months worth of fitness planning
 - Explanation or pictures describing the exercises chosen
 - Why those exercises were chosen
 - How will this individual remain motivated?
 - Minimum 6 slides