

## **Request for Unlimited Workout Hours** **(must use certified trainer)**

As part of distance physical education, you may use *working out* for some of your hours (cardio, weight lifting). The completion of this form as part of obtaining a professionally designed, personal workout plan will enable you to use an unlimited amount of hours for your course activity hours.

Reminders to student:

- Weight lifting and cardio are Dimension 5 activities
- Core training and stretching (focus on flexibility development, not warm up) are Dimension 3 activities
- Workouts must be done in public facilities
- Certified trainers do not need to be present for all workouts, but your workout plan must be changed at least once with the help of your personal trainer.

**Please provide the following information about the meeting and workout plan/design. Submit this plan with your “*Course Plan Proposal*” or directly to the teacher or marker who is requesting it.**

**Student Name:** \_\_\_\_\_

**Date of initial meeting:** \_\_\_\_\_

**Student’s main goals/focuses for the workout program:**

**Date(s) for next meeting/follow-up/review/stage of workout plan (be as detailed as possible):**

**Will the student be keeping records workouts (examples: weights on sets/ reps/ cardio times)? If so, what will be recorded and reported back to the trainer?**

**\*Include a copy of the workout plan with this form when submitting to your teacher.\***

<b>Supervisor/Trainer Information</b>		
<b>Name:</b>	<b>E-mail:</b>	<b>Phone:</b>
<b>Supervisor Qualifications (certification and/or experience):</b>		
<b>Signature:</b>	<b>Date:</b>	
<b>Additional Comments:</b>		