**Choosing Your Own Online Workout**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Website Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Url: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Three Questions:

|  |  |  |
| --- | --- | --- |
| Questions | Observations | Evaluation?  Neutral face outlineSad face outline |
| Qualified Source?  Certification  Experience |  |  |
| Safety?  No dangerous movements  No excessive rotation of lumbar spine  Natural movement patterns  Includes easy to follow demos |  |  |
| Principles of Training ? | Specificity?  Am I training what I want to train?  Muscle Balance?  Push, Pull, Core, Knee Dominant and Hip Dominant  Overload?  Is the right difficulty for my fitness/ability level? |  |

Is this workout a good or bad choice based on the criteria above?

What other criteria might you consider that was not included above (fun, age of instructor, music on app, ???)?

Would you recommend this workout/app to someone else? Why or why not?

Any other comments?