**Choosing Your Own Online Workout**

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

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

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

Three Questions:

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| --- | --- | --- |
| Questions | Observations | Evaluation?Neutral face outlineSad face outline |
| Qualified Source?CertificationExperience |  |  |
| Safety?No dangerous movementsNo excessive rotation of lumbar spineNatural movement patternsIncludes 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 DominantOverload?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?