**Background:**

**Activity: Workout Plan**

Although he hides it well, Mr. Owdij has very little strength in his body. A student of his once described his overall muscle strength to that of a “2 year old baby”. It is time for Mr. Owdij to do something about it!

You are going to use the information provided below to come up with a workout plan for Mr. Owdij. Using your knowledge on how articulations work, you will have to research and find workouts that use the movements that are listed below. You also have to be sure to explain to Mr. Owdij how each workout uses the movements that are described. The best way to do this might be to look up workouts and describe how they work the selected articulation.

Hopefully Mr. Owdij will be stronger in no time!

**Movements:**

Head – Right and left rotation, hyperextension

Shoulders – Circumduction, lateral rotation and medial rotation

Elbows – Flexion and extension

Wrist – Pronation and Supination

Hips – Abduction and adduction, Circumduction

Knees – Flexion and Extension

Ankles – Flexion and Extension