**Muscle Strength & Endurance Stretch Band Portfolio Activity**

1. Fill in how many repetitions (1-20) you can do with 1 band and then with 2 bands for each exercise (Activity).
2. Then circle only 1 of either muscular strength, both MSE, or muscular endurance based number of reps you do.

<table>
<thead>
<tr>
<th>Activity (Type)</th>
<th># of bands (Intensity)</th>
<th>Repetitions (Time)</th>
<th>Only Muscular Strength (1-8 Reps)</th>
<th>BOTH Strength &amp; Endurance (9-12 Reps)</th>
<th>Only Muscular Endurance (13-20 Reps)</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1-2. Chest Press</td>
<td>1 Band</td>
<td>Strength or Both</td>
<td>Or Endurance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#3-4. Seated Rows</td>
<td>1 Band</td>
<td>Strength or Both</td>
<td>Or Endurance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#5-6. Shoulder Press</td>
<td>1 Band</td>
<td>Strength or Both</td>
<td>Or Endurance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>#7-8. Bicep Curl</td>
<td>1 Band</td>
<td>Strength or Both</td>
<td>Or Endurance</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

***1 point per row above = 8 points on this side, 2 points for putting this info correctly into Welnet Portfolio. Instructions are on other side of this paper. TOTAL points for assignment is 10 points.***
FITNESS PORTFOLIO INTERNET DIRECTIONS

(2 points)

Username – Student ID #  Password – Last Name

Step 1 – Log Into Computer
Step 2 – Go to Harper Park Website
Step 3 – Click On Departments
Step 4 – Click On Health and PE
Step 5 – Click On WELNET (on left hand side)
Step 6 – Click On http://www.focusedfitness.org/ (middle of page)
Step 7 – Log In using Username and Password (Username = Student ID #, Password = Last Name)
Step 8 – Click Online Learning
Step 9 – Click on left side link = Muscular Strength & Muscular Endurance & the FITT Principle
Step 10 Then choose this link = Muscular Strength & Muscular Endurance & the FITT Principle
Recording Chart

Step 11 – Click Start
Step 12 – Enter the number of repetitions for 1 and 2 bands for each stretch band Activity – Leave 3rd box blank as we didn't do 3 stretch bands.
Step 13 – Save Progress
Step 14 – Do NOT click on Complete until you are SURE you are done. Once you click complete, you can not work on it ever again.
Step 15 Only when completely finished, you should click on complete.