

## CONSUMER FITNESS PRODUCT AND PROGRAM ANALYSIS

NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_ PERIOD: \_\_\_\_\_ DATE: \_\_\_\_\_

### STEP ONE: PRODUCT

Choose a consumer fitness product that you can buy at a local fitness store. Some examples are dumbbells, yoga mats, or foam rollers.

### STEP TWO: ANALYZE

In one or more complete paragraphs tell me the details of the product. What is it made out of? What is it made for? Is it made for a specific activity or can it be used for multiple activities? Does it help fulfill the principles of exercise? Does it do what it says it will? You may add any other information you think is necessary.

### STEP THREE: REPEAT

Repeat steps one and two analyzing a fitness product such as P90X, Insanity, Zumba, Couch to 5k, or any other program that you get approved.