

The background of the slide features a landscape with several tall, slender evergreen trees in the foreground. The trees are dark green and brown, suggesting some autumnal or winter tones. The sky is filled with heavy, grey clouds, creating a somber and atmospheric mood. The overall lighting is dim, with the primary light source being the ambient light from the sky.

Jermaine's Capstone Slide Show

Made by Jah's Productions

Guiding Question/Problem

My guiding question is how can we help athletes stay active during this quarantine?

Why Does It Matter To The Community?

Athletes staying active and in shape matter to the community because they are people that help clean the community. They're also the main ones who help bring the community together as a whole and stay active. They keep the young ones occupied and out the streets by hosting small workouts and stuff. They do a whole lot more for the community then we realize.

Process/Steps You Took To Complete Your Project

The whole process of this capstone was absolutely hard. From start to finish, and when I say that I mean too now while i'm talking. In the first 2 quarters I had no help at all because my teacher hosted 2 capstone classes a quarter and I honestly wasn't locked in enough to brainstorm a idea. I wasn't even locked in enough to do this smh but thanks to ms.burrowstone I was more motivated to do this. She helped me get it together 3rd and 4th quarter. I worked on my workout plan for about 2 too 3 months till I decided to just merge them and make one 2 week workout plan.

How Did My Project Change Overtime?

I mean my project changed but it wasn't really a drastic change. Like I said last slide I mainly just combined the separate workouts and made them into one and made it a 2 week workout plan.

Jermaine's At Home Workout

Male Workout Days

Female Workout Days

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Before Class Workout</u> 9:20am-9:30am	5 sets of 5 push ups with 10 sec intervals in between	5 sets of 10 jump squats with 5 sec intervals in between	Day Off	3 sets of 10-15 push ups with 5 sec intervals in between	5 sets of 15 body weight squats with 5 second intervals in between
<u>Lunch Time Workout</u> 12:30pm-12:40pm	1 set of 10 push ups, or however many you can do	3 sets of 4 (2 times each leg) pistol squats with 5-10 second holds depending on your balance	Day Off	3 sets of 20 push ups with a 5 sec intervals in between each one	2 sets of 20 lunges with 10 sec intervals in between
<u>After School Workout</u> 2:30pm	1 set of 20 push-ups at your own pace	4 sets of 5 Single Leg Squats each leg 4x5 Curtsey Lunge each leg	Day Off	2 sets of 20 push ups with a 5 sec intervals in between 2 sets of 25 sit ups with a 5 sec intervals in between	5 sets of 10 elevated push ups with 10 sec intervals
<u>Middle of The day Workout</u> 5:30	5 push-ups (if you can do 10 do it)	1 set of 10 push ups	Day Off	3 sets of 45 sec side planks wit	ENDED EARLY
<u>End of The day Workout</u> 8:30	25 push ups(go by 5's and take a 5 sec intervals in between)	5 sets of 15 squats with 10 sec intervals in between each one	Day Off		ENDED EARLY



Interval- A pause or break in activity

Sets- Amount of times your doing that workout

What I Learned Through This Process

