**Fitness Essay Term 3**

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For this term’s fitness class, we were taught the muscles used during muscle-building exercises as well as how to strengthen them. We did many muscle strengthening exercises such as leg extension, push-ups, etc. We were given a log to document what we did everyday during fitness class (for example 3 x 12 repetition push-ups, etc.). The other task that was given was a 30-day challenge where we were told to surpass our body’s limits to see what we were capable and willing of doing.

As stated before, the log given was used to document our activities that we did everyday during fitness class. We had to write down the type of exercise, intensity or time, and remarks. This could help us track our progress better since we can see whether or not our physical health is improving or not. I usually do push-ups, deadlift, leg extension, squats, and bench presses. Typically, the intensity I did is 3 x 12 repetition whilst the time I did them were 5 to 10 minutes.

The exercises I did helped in the result of the fitness test. I was able to get it to a good score because of the exercises I did. I also trained my flexibility in my spare time to complete what I wasn’t able to do quite well. Overall, I can see my physical fitness improving from the result of my fitness class shown in the daily logs as well as the result compared to the fitness test. But, the result of my muscular strength was lower than my first term grade. This was probably because I was relatively sick at the time the test was taken. I was still able to surpass the goals given by the teacher though.

In conclusion, we did many muscle exercises in this term. We focused more on strength, not endurance like last term. I did exercises that could help in increasing my muscle’s strength such as deadlift, push-ups, and others. I could keep track of this by filling out the log everyday as well as the result of the fitness test. I am satisfied with the result of the fitness test as they helped me get into better physical health and because I improved quite a lot.