

Name: _____ **Period:** _____

Complete two workouts per week (4 workouts total). Each workout is worth 10 points. You can choose any of the following workouts but, you can only repeat the same workout twice. You need to write the time it took you to complete the workout, and the date you did it. You can complete one additional workout per week for 10 pts extra credit. Encourage members of your family and/or friends to join you! Working out is always easier with a buddy. This assignments is due the first class period after Christmas Break. **Late assignments will not be accepted.** Make sure you and your guardian sign it.

FILTHY FIFTY

50 Squats
50 sit ups
50 lunges
50 Push-Ups
50 Russian Twist (find a weight)
50 Handstand Push Up

TIME: _____
DATE: _____

FILTHY FIFTY

50 Squats
50 Sit-Ups
50 Box Steps (find somewhere to step)
50 HSPU
50 Dips
50 Super Mans

TIME: _____
DATE: _____

Cardio & Toning:

Run 1 mile and do 5 push-ups and 5 squats every minute on the minute.

TIME: _____
DATE: _____

Workout DVD

Name: _____
TIME: _____
DATE: _____

Cardio & Toning

.5 Mile Run
50 Squats
40 Push_ups
.5 Mile Run

TIME: _____
DATE: _____

RUN

2 Miles

TIME: _____
DATE: _____

Cardio & Toning

1 Mile Run
100 Squats
100 Push-ups

TIME: _____
DATE: _____

Fitness class at a gym

CLASS: _____
TIME: _____
DATE: _____

10-9-8-7-6-5-4-3-2-1 Rep Rounds for Time

You do 10 of each exercise, then 9 of each, 8 7, etc.

Burpees
Sit-Ups
Squats
Push-Ups

TIME: _____
DATE: _____

I (Print Name) _____ truthfully completed the workouts above

(Signature) : _____.

I verify that my student completed the following workouts (guardian): _____