

**Name:** \_\_\_\_\_ **Period:** \_\_\_\_\_

Complete two workouts per week. Each workout is worth 20 points. You can choose any of the following workouts but, you cannot 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 SPRING 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): \_\_\_\_\_