

Movie Workout: Rocky



Meet the other famous Rocky. Coach Becchetti's workout partner.

Lincoln High School PE
Assignment # 17

Rocky the movie history:

Rocky is a 1976 American sports drama film starring Sylvester Stallone. It tells the rags to riches American Dream story of Rocky Balboa, an uneducated, kind-hearted working class Italian-American boxer, working as a debt collector for a loan shark in the slums of Philadelphia. Rocky, a small-time club fighter, gets a shot at the world heavyweight championship.

Movie Vocabulary word- South Paw: a **southpaw** stance is where the boxer has their right hand and right foot forward, leading with right jabs, and following with a left cross right hook. It is the normal stance for a left-handed boxer.

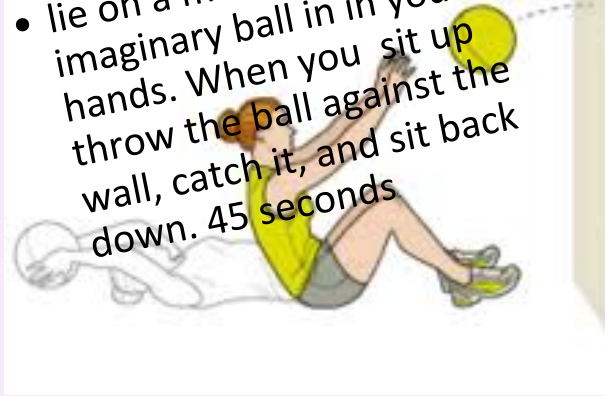
Jump Rope

Jump rope for 45 seconds.
The technique could be
both feet, alternating
feet.



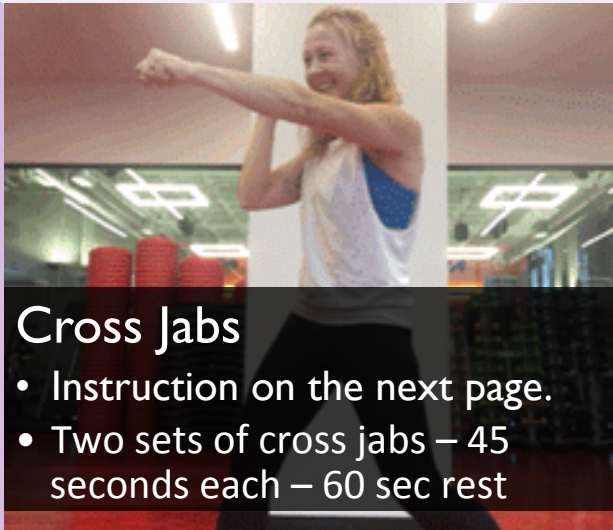
- Medicine Ball Sit Ups

- lie on a mat with a imaginary ball in in your hands. When you sit up throw the ball against the wall, catch it, and sit back down. 45 seconds



Push Ups

- Instruction in previous assignments.
- Push for 45 seconds



Cross Jabs

- Instruction on the next page.
- Two sets of cross jabs – 45 seconds each – 60 sec rest

Cross Jabs



- Punch across your body!
- Power the punches from the hips
- Rotate the hips and torso when you punch
- Use the full extension of the arm, but don't lock your elbows
- Two sets of 45 seconds each

Journal

Student Name:

Start Time:
Finish Time

Jump Rope: - 45 seconds – Easy/ Medium/ Hard
Medicine Ball Sit Ups – 45 seconds – Easy / Mediums/ Hard
Push Ups – 45 seconds – Easy / Medium / Hard
Cross Jabs – 45 seconds – 2 sets – Easy Medium/ Hard

Parent Signature: