

**LINCOLN HIGH SCHOOL**  
**Physical Education**  
**Assignment #6 Activity Log:**

Students Name: \_\_\_\_\_

<b>Round 1</b>	<b>Round 2</b>	<b>Round 3</b>	<b>Round 4</b>
30 Jumping Jacks 20 Squats 10 Push Ups Rest 30 Seconds	30 Mountain Climbers 20 Lunges 10 Push Ups Rest 30 Seconds	30 Pulsing Squats 20 Burpees 10 Push Ups Rest 30 Seconds	30 Bicycle Crunches 20 Cross Jacks 10 Push Ups Rest 30 Seconds

**Repeat all 4 Rounds**

Date: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_