

WORKOUT LOG ASSIGNMENT #10

Track your fitness and strength training progress.

STUDENTS NAME: _____

Parent / Guardian Signature: _____

Start Time: _____ Start Time: _____ Start Time: _____
 End Time: _____ End Time: _____ End Time: _____

MONDAY - EXERCISES	REPS / SETS	✓
Warm Up - Jumping Jacks	25	
Dynamic Stretches		
Side to Side Shuffle	10 steps to right/10 to the left (3 sets)	
Carioca/ Grapevine	10 steps to right/10 to the left (3 sets)	
Backpedal Jog	60 seconds (3 sets)	
Workout- Upper Body Muscle Building		
Bicep Curls	12 per arm (3 Sets)	
Tricep Kickbacks	12 per arm (3 Sets)	
Pushups	10 (3 sets)	
Dips	15 (3 sets)	
COOL DOWN STRETCHES		

WEDNESDAY - EXERCISES	REPS / SETS	✓
Warm Up - Jumping Jacks	25	
Dynamic Stretches		
Wall Knee to Chest		
Lunge Walk with Twist		
Straight Leg Kick		
Workout - ABS		
Straight Leg Sit Up	25 (3 sets)	
Pilates Scissors	25 (3 Sets)	
V Sits	25 (3 Sets)	
COOL DOWN STRETCHES		

FRIDAY - EXERCISES	REPS / SETS	✓
Warm Up - Jumping Jacks	25	
Dynamic Stretches		
Heel to Rear Jog	10 steps to right/10 to the left (3 sets)	
Wall Knee to Chest	10 steps to right/10 to the left (3 sets)	
Power Skip plus Reach	60 seconds (3 sets)	
Workout- Upper Body Muscle Building		
Bicep Curls	12 per arm (3 Sets)	
Tricep Kickbacks	12 per arm (3 Sets)	
Pushups	10 (3 sets)	
Dips	15 (3 sets)	
COOL DOWN STRETCH		

Tips:
 Dynamic Stretches were part of last weeks lesson plan. Please make sure you do that lesson prior to this one if you are behind.
 Instructions on the Modified Push Up can be found in the previous workouts.

EXTRA CREDIT

CARDIO EXERCISES	TIME	DIST	INT**	TIME	DIST	INT	TIME	DIST	INT	TIME	DIST	INT	TIME	DIST	INT

*Intensity: E = EASY / M=MEDIUM / H= HARD
 ***** ANYTHING HIGHLIGHTED IN PURPLE IS EXTRA CREDIT AS NOTED

OPTIONAL:

GOALS: _____

DATE:	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	M Tu W Th F Sa Su	
WEIGHT:						
SLEEP (hrs):						