

# WORKOUT LOG ASSIGNMENT #11

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 -Bicycle	60 seconds		
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)		
Cardio Workout			
Jumping Jacks	75		
Burpees	15		
Jumping Jacks	50		
Burpees	10		
Jumping Jacks	25		
Burpees	5		
TOTAL MINUTES TO COMPLETE CARDIO			
COOL DOWN STRETCHES			

WEDNESDAY - EXERCISES		REPS / SETS	✓
Warm Up -Bicycle	60 Seconds		
Dynamic Stretches			
Wall Knee to Chest	16 steps (3 sets)		
Lunge Walk with Twist	10 steps (3 sets)		
Straight Leg Kick	16 steps (3 sets)		
Cardio Workout			
Jumping Jacks	75		
Burpees	15		
Jumping Jacks	50		
Burpees	10		
Jumping Jacks	25		
Burpees	5		
TOTAL MINUTES TO COMPLETE CARDIO			
COOL DOWN STRETCHES			

FRIDAY - EXERCISES		REPS / SETS	✓
Warm Up -Bicycle	60 Seconds		
Dynamic Stretches			
Heel to Rear Jog	60 seconds (3 sets)		
Wall Knee to Chest	16 steps (3 sets)		
Power Skip plus Reach	16 steps (3 sets)		
Cardio Workout			
Jumping Jacks	75		
Burpees	15		
Jumping Jacks	50		
Burpees	10		
Jumping Jacks	25		
Burpees	5		
TOTAL MINUTES TO COMPLETE CARDIO			
COOL DOWN STRETCH			

**Tips:**  
**Dynamic Stretches were part of Assignment #9.**  
**Cool Down Stretches were part of Assignment #10.**

**EXTRA CREDIT**

CARDIO EXERCISES	TIME	DIST	INT**

\*Intensity: E = EASY / M=MEDIUM / H= HARD

**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):					