

Name: _____

Hour _____

In Health class your child/children have been given an exercise project. This assignment is constructed to help him/her to improve his/her overall fitness. Your child will be required to complete the specified exercises for 10 days. They will have 12 days available to complete this assignment.

Pick ONE or more exercise from Upper Body and Legs category and TWO stretches.

Please have Parents sign each day you completed the exercise.

Write your choices for each day and answer the questions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Example: 9/25/2016 A,E,H,I 2,no,15 min. <i>Freida Fitness</i>				9/29/2016 Begin	9/30/2016	10/1/2016
10/2/2016	10/3/2016	10/4/2016	10/5/2016	10/6/2016	10/7/2016	10/8/2016
10/9/2016	10/10/2016	10/11/2016 Assignment is Due				

Questions to answer each day after exercising.

1. Rate how difficult the workout was by giving a number from 1 to 3.
1=not difficult 2=somewhat difficult 3=most of the exercises were difficult
2. Were there any exercises that caused pain?
If so, please do not continue the exercise(s) and please inform Mrs. Brooks.
3. How long did the entire workout take for you to complete.

IF THE MOST DIFFICULT EXERCISE IS NOT CHALLENGING ENOUGH PLEASE TELL MRS. BROOKS

Exercises to Complete

Terms: Prone (face down) Supine (face up)

Choose TWO Stretches

Upper Body

A. Straight arm planks with alternating knee to elbow touches



3 x 10 touches
*keep back flat

B. Straight arm plank-then alternating bend bend straight straight



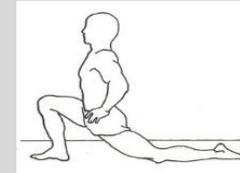
3 x 10 (down down up up is one)

C. Bent arm plank- alternating arm lifts



3 x 10 arm reaches

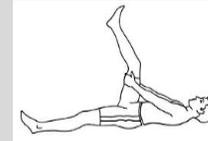
G. Hip Flexor Stretch



H. Place foot on step-lean forward



i. Lay on back- hold leg up



LEGS

D. Single Leg Romainian Dead Lift



Hands on hips- left leg straight- lift right leg posterior & parallel to floor
arms reach forward- 2 x 15 seconds- Repeat with the Left leg raised

E. Lunge Pulses- Use proper form- back upright- back leg bent-do not hit back knee to the floor
Front knee stays over the heel

F Squat Jumps 2 x 15 with 30 second rest between



2 x 15 on each leg