

Physical Education at Home Work Out Log (10 Points)

Please follow this format to email your teacher a Workout Description/Reflection.

Name: \_\_\_\_\_ Period: \_\_\_\_\_

Teacher: \_\_\_\_\_

You must do 30 minutes of physical activity. You can do one of the workout examples provided OR you can do Your Own workout. Document the activity, the date, and the time.

Description of the Activity and Reflection (1 Paragraph)

<p><b><u>In Home Workout #1</u></b></p> <ul style="list-style-type: none"> <li>• Warm up 50 Jumping Jacks, Dynamic Warm up/stretch</li> <li>• 3 sets each:               <ul style="list-style-type: none"> <li>○ Push Ups &amp; Rows to failure</li> <li>○ 10 reps Rear Foot Elevated split squats</li> <li>○ Decline push ups to failure</li> <li>○ 15 1 leg straight leg dead lift</li> <li>○ Chair/bench dips to failure</li> <li>○ 15 squat jumps</li> <li>○ 1 minute plank</li> <li>○ 10 side lunges</li> <li>○ 15 hip/glute raises</li> </ul> </li> </ul>	<p><b><u>In Home Workout #2</u></b></p> <ul style="list-style-type: none"> <li>• Warm up 50 Jumping Jacks, Dynamic Warm up/stretch</li> <li>• 3 sets each:               <ul style="list-style-type: none"> <li>○ Push ups to failure</li> <li>○ 20 walking lunges</li> <li>○ Diamond push ups to failure</li> <li>○ 20 alternating lunge jumps</li> <li>○ 60-90 second wall sits</li> <li>○ 15 burpees</li> <li>○ 1:30 plank</li> <li>○ 30 second mountain climbers</li> <li>○ 15 squat jumps</li> </ul> </li> </ul>
<p><b><u>In Home Workout #3</u></b></p> <p>Circuit Style, No Rest between Warm Up, Dynamic Stretch</p> <ol style="list-style-type: none"> <li>1. Jumping Jacks 1 min</li> <li>2. Burpees w/push up 1 min</li> <li>3. Plank 1 min</li> <li>4. Jump rope 2 min</li> <li>5. Mountain climbers 1 min</li> <li>6. Wall sit 1 min</li> <li>7. High knees in place 1 min</li> <li>8. Squat jumps 1 min</li> <li>9. Side plank 1 min</li> <li>10. Lunge Jumps 1 min</li> <li>11. Russian Twist 1min</li> <li>12. Calf Raises</li> <li>13. Butt kickers in place 1 min</li> </ol>	<p><b><u>In Home Workout #3</u></b></p> <p>Circuit Style, For Time Warm Up 50 Jumping Jacks Dynamic Stretch Repeat 5x</p> <ol style="list-style-type: none"> <li>1. 10 Squat Jumps</li> <li>2. 10 V Ups</li> <li>3. 10 Burpees</li> <li>4. 10 Bench/Chair Dips</li> <li>5. 10 Lunges</li> <li>6. 10 Push Ups</li> <li>7. 10 Squats</li> <li>8. 10 Jump Lunges</li> </ol>