

Name: _____

Fitness Log

Week of May 11th, 2020

Add check mark to activity log after each round.

Monday Warm up _____ Round 1 ____ Round 2 ____ Round 3 ____ Round 4 ____ Round 5 ____	Jump Squat Lunges Wall Sit High Knees in place Invisible jump rope – 30 seconds
Tuesday Warm up _____ Round 1 ____ Round 2 ____ Round 3 ____ Round 4 ____ Round 5 ____	Push ups/Modified Push up/Wall Push up Large Arm Circles Forward Large Arm Circles Backwards Sit ups/Crunches Tricep Dip – Using a step at home
Wednesday	Record what activity did you do, with who and how long?
Thursday Warm up ____ Round 1 ____ Round 2 ____ Round 3 ____ Round 4 ____ Round 5 ____	Jump Squat Lunges Wall Sit High Knees in place Invisible jump rope – 30 seconds
Friday Warm up _____ Round 1 ____ Round 2 ____ Round 3 ____ Round 4 ____ Round 5 ____	Push ups/Modified Push up/Wall Push up Large Arm Circles Forward Large Arm Circles Backwards Sit ups/Crunches Tricep Dip – Using a step at home