

Weekly Exercise Tracker

Week 1

Parent Signature

Monday

Exercise	<u>Reps</u>

Tuesday

Exercise	<u>Reps</u>

Thursday

Exercise	<u>Reps</u>

Friday

Exercise	<u>Reps</u>

Weekly Exercises:

Students are to select 5 different exercises each day. The exercises can vary from day to day or be repeated daily if they so choose. The set of 5 exercises are to be repeated 4 times with a 1 minute rest between circuits. The entire circuit should take 17 minutes and 30 seconds to finish. As the students do the exercises for 30 seconds, they should count their repetitions going as quickly as they can. In the column titled "Reps" record the highest number of reps they did of that exercise for the circuit. For example, the student chooses Jumping Jacks for the first exercise. Counting the reps each round, the student totaled 35, 40, 31, 36, and 35. The recorded reps would be 40. This gives them a goal to beat the next time they choose Jumping Jacks. Please note, complete the full circuit and the 1 minute rest before starting again.

A good rule of thumb to help guide the selected exercises is to alternate the area of focus. Monday and Thursday could focus on upper body exercises. While Tuesday and Friday could focus on lower body. Each day should have some sort of cardiovascular exercise such as Jumping Jacks, sprinting in place, High Knees.

Along with this chart is a list of exercises that

Weekly Exercise Tracker

Week 2

Parent Signature

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Monday

Exercise	Reps

Tuesday

Exercise	Reps

Thursday

Exercise	Reps

Friday

Exercise	Reps

Weekly Exercise Tracker

Week 3

Parent Signature

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Monday

Exercise	Reps

Tuesday

Exercise	Reps

Thursday

Exercise	Reps

Friday

Exercise	Reps

Weekly Exercise Tracker

Week 4

Parent Signature

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Monday

Exercise	Reps

Tuesday

Exercise	Reps

Thursday

Exercise	Reps

Friday

Exercise	Reps

List of Example Exercises

Cardio Vascular

Jumping Jacks
Burpees
High Knees
Sprint in Place

Upper Body

Push Ups
Tricep Dips
Pull Ups
Boxer Punches

Core/Abdominal

Sit Ups
Planks
Leg Raises
Mountain Climbers
Bicycles

Lower Body

Squats
Lunges
Side Lunges
Calf Raises

Run Tracker

	Distance	Time
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		

	Distance	Time
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		
32		
33		
34		
35		
36		
37		
38		
39		
40		
41		
42		