

GYM Homework

Each week, do the set of exercises 2 times (2 different days). Write down how many you do.

Week 1

Pushups _____
 Jump Jacks _____
 Helicopters _____
 Backscratcher _____
 Situps _____

Week 2

Butterflies _____
 Arm Circles _____
 Side Leg Raises _____
 Pushups _____
 Situps _____

Week 3

Point and Flex _____
 Scissors _____
 Sit + Reach _____
 Pushups _____
 Situps _____

Week 1

Butterflies _____
 Arm Circles _____
 Side Leg Raises _____
 Pushups _____
 Situps _____

Week 2

Point + Flex _____
 Scissors _____
 Sit and Reach _____
 Pushups _____
 Situps _____

Week 3

Pushups _____
 Jumping Jacks _____
 Helicopters _____
 Backscratcher _____
 Situps _____

Turn Over

Gym Homework - Part 2

Each week spend 1 hour being active. This can be done all at once or broke into several sections. (all 10 or 15 minutes). Tell me your activity and how long you did it.

Week 1		Week 2		Week 3	
<u>Activity</u>	<u>how long</u>	<u>Activity</u>	<u>how long</u>	<u>Activity</u>	<u>how long</u>
1.		1.		1.	
2.		2.		2.	
3.		3.		3.	
4.		4.		4.	
5.		5.		5.	
6.		6.		6.	