

Exercise Log

Student's Name: _____

One of your daily homework assignments is to exercise at home in-between PE days. Use the below exercise log, to fill in the name of the exercise and the amount of repetitions you performed. Make sure to use correct form on all exercises (See pictures below for help). Don't forget to have your parent or guardian sign the log.

Date	Sit-ups	Push-ups	Jumping Jacks	Cardiovascular	Parent Signature



44. Sit-up

lie on your back with knees bent and arms extended toward the floor. Tighten the abdomen and lift shoulders off the floor as hands move forward. Return to the starting position.



45. Push-ups

Support the body on hands and feet (or knees) with legs extended back and arms straight. Slowly bend the elbows and lower the chest toward the floor. Straighten the arms and return to the starting position.



46. Burpee in Place

Alternate lifting the knees, bringing the arms in opposition.

47. Jumping Jacks

Stand erect with arms at sides. Jump up, landing with feet apart and arms extended overhead. Return to starting position.

