

PG EXTRA CREDIT HOME WORK

ONE POINT PER WORKOUT, PARENT SIGNATURE REQUIRED

20 TO 30 MINUTES PER DAY

NAME _____ period _____

MONDAY: **X** _____

- PUSH UP ----- 3 TO 5 SETS x 10 TO 20 REPS OR MORE
- SIT UP----- 4 SETS x 25 TO 50 REPS OR MORE
- WEIGHT LIFTING ---- IF YOU CAN
- CARDIOVASCULAR FITNESS , **Jogging, stationary bike, treadmill, hiking, swimming, ect**

TUESDAY: **X** _____

BIGGER

- SQUAT OR SUPER MAN JUMP 3 x 10 3 SETS-10-20 reps
- LUNGE JUMP 3 x 10 3 SETS-10-20 reps
- SCISSOR JUMP 3 x 10 3 SETS-10-20 reps
- CARDIOVASCULAR FITNESS, **Jogging, stationary bike, treadmill, hiking, swimming, ect**

WEDNESDAY: **X** _____

- PUSH UP ----- 3 TO 5 SETS x 10 TO 20 REPS OR MORE
- SIT UP----- 4 SETS x 25 TO 50 REPS OR MORE
- WEIGHT LIFTING ---- IF YOU CAN
- CARDIOVASCULAR FITNESS , **Jogging, stationary bike, treadmill, hiking, swimming, ect**

FASTER

THURSDAY: **X** _____

- SQUAT OR SUPER MAN JUMP 3 x 10 3 SETS-10-20 reps
- LUNGE JUMP 3 x 10 3 SETS-10-20 reps
- SCISSOR JUMP 3 x 10 3 SETS-10-20 reps
- CARDIOVASCULAR FITNESS, **Jogging, stationary bike, treadmill, hiking, swimming, ect**

STRONGER

FRIDAY: **X** _____

- PUSH UP ----- 3 TO 5 SETS x 10 TO 20 REPS OR MORE
- SIT UP----- 4 SETS x 25 TO 50 REPS OR MORE
- WEIGHT LIFTING ---- IF YOU CAN
- CARDIOVASCULAR FITNESS , **Jogging, stationary bike, treadmill, hiking, swimming, ect**

Saturday: Any workout

Sunday: Day of rest

COURAGE: TO HAVE MENTAL, MORAL, PHYSICAL STRENGTH

DISCIPLINE: TRAINING ONES MIND AND BODY

HONOR: HIGH PUBLIC REGARD, GREAT RESPECT

PERSERVERANCE:TO CONTINUE WHEN FACED WITH PAIN AND SUFFERING

LOYALTY- BEING FAITHFUL TO ONES FAMILY, FRIENDS, TEAM, ETC.

