

Get Fit Conditioning Program

The Get Fit Conditioning Program is a six week program designed to help you “get in shape”.

Guidelines are as follows:

- Participate at least 5 times each week for six weeks.
- Complete exercise log and return to your teacher.
- You may do part of your workouts during your physical education class.
- Select activities from the other side of this page or do your favorite activities from physical education class.
- Place a check mark in the box for each day you workout. Your workout should include: Warm-up, Strength Development, Aerobic Activity and Cool-down.

Warm-up: At the beginning of your workout do at least 3 warm-up exercises. Move easily at first and slowly get faster. Hold a stretch for 10 slow counts and do not bounce. Be sure to do exercises for the upper body and the legs.

Strength Development: Do at least 3 strength exercises. Do as many of each exercise as you can up to 20.

Aerobic Activity: Begin with 2 - 5 minutes of your activity and gradually increase the time to 25 - 30 minutes.

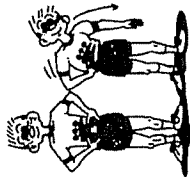
Cool-down: Do 3 activities from the list or your own favorites. Be sure to stretch upper and lower body and trunk.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week One Date:							
Week Two Date:							
Week Three Date:							
Week Four Date:							
Week Five Date:							
Week Six Date:							

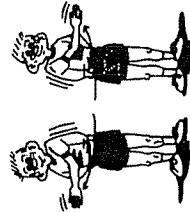
Student Name: _____

Get Fit Exercises

WARM-UP ACTIVITIES



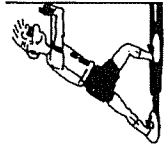
Side Bend



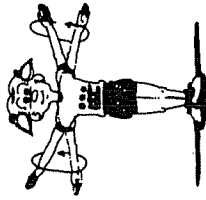
Trunk Twist



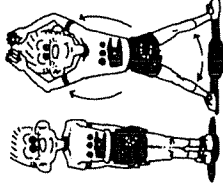
Knee Lift



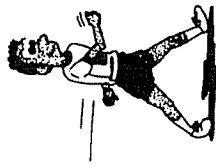
Calf Stretch



Arm Circles



Jumping Jacks



Brisk Walking

STRENGTH DEVELOPMENT ACTIVITIES



Crunch



Curl-ups



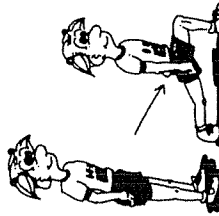
Sit-ups



Back Arch



Wall Sit



Lunges

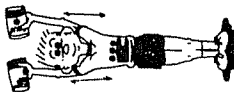


Single Leg Lift

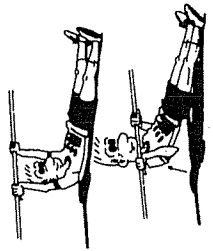


Arm Curls

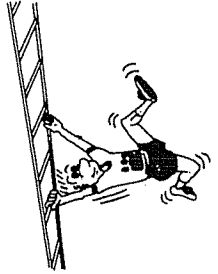
(using canned food as weight)



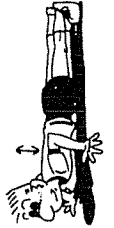
Military Press



Modified Pull-ups



Horizontal Ladder Activities



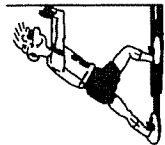
Push-ups



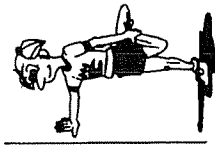
Climbing Activities

AEROBIC ACTIVITIES

COOL-DOWN ACTIVITIES



Calf Stretch



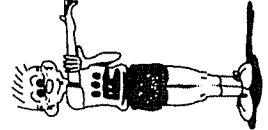
Thigh Stretch



Sitting Toe Touch



Knee Hug



Arm/Shoulder Stretch



Arm/Side Stretch

Basketball

Soccer

Rope Jumping

Brisk Walking

Swimming

Cycling

Jogging

Get Fit Recognition

Congratulations

for successfully completing the "Get Fit" activity program and demonstrating outstanding commitment to developing good fitness habits.

