

Name \_\_\_\_\_

MOD \_\_\_\_\_

**Blizzard Bag for day 1: Make-up work for incimate weather days 2013-14**

**Copley High School Personal Fitness and Weight Training**

*Please complete this assignment and turn it in to you teacher to receive credit.*

**Age** \_\_\_\_\_

**Gender M / F**

**1. Take heart rate \_\_\_\_\_beats/minute**

**2. Warm –Up:**

- a. standing leg lifts: 10 front each leg, 10 back each leg, 10 side each leg
- b. pumping arms: 10 up and down; 10 front to back
- c. arm circles: 10 back
- d. shoulder shrugs: 10
- e. 1 minute: jog in place or jumping jacks

**3. Activity DAY 1:** 10 burpies; 10 squats (shoulder width feet); 10 push-ups; 15 crunches (front and both sides)1 minute jog or jacks; 1 minute rest; repeat 3 times

**4. Take heart rate \_\_\_\_\_beats/minute**

**5. Cool Down:** Standing: hang down 10 seconds; stand up and stretch each quadricep 10 seconds; rotate bringing knees to chest and hug for 5 seconds each; bring arm across chest and hug with other arm then switch; pat yourself on the back then switch

**6. Take heart rate \_\_\_\_\_beats/minute**

☺☺ GOOD WORK!!