

Name \_\_\_\_\_

MOD \_\_\_\_\_

**Blizzard Bag for day 3: 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. Take heart rate \_\_\_\_\_beats/minute**

4. **Activity Day 3:** 10 jump squats; 1 minute plank; (use 2 full and equal canned goods)- hold in each hand : 15 side straight arm raises, 15 front straight arm raises; 1 minute reverse plank (belly facing up); 20 bicycles laying on back switching opposite elbow to knee; 1 min jog or jacks; repeat 3 times

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

6. 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

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

😊😊 GOOD WORK!!