



Health & Fitness Training

Name _____ Class _____ Age _____

Workout 1	Workout 2
10 - Jumping Jacks 10 - Squats 10 - Push-ups 10 - Mountain Climbers Practice Basic Blocking Pattern Twice: Ready Motion - Ridehorse Motion 1 low, 2 low 3 middle, 4 middle 5 high, 6 high 7 punch, 8 punch 9 inside, 10 inside Ridehorse Motion - Ready Motion Get in Action Stance 10 - Front Leg Round Kicks, both legs 10 - Front Leg Front Kicks, both legs 10 - Front Leg Side Kicks, both legs 10 - Jumping Jacks	10 - Jumping Jacks 10 - Sprawls 10 - Bumps 10 - Side Bumps Practice Cover Serices Twice: Action Stance Head Cover with Lead Hand Head Cover with Rear Hand Body Cover with Lead Hand Body Cover with Rear Hand Practice Jab (1) & Cross Punch (2) 10 times Get in Action Stance 10 - Rear Leg Round Kicks, both legs 10 - Rear Leg Front Kicks, both legs 10 - Rear Leg Side Kicks, both legs 10 - Jumping Jacks

sunday	monday	tuesday	wednesday	thursday	friday	saturday

Directions:

In the box of the day your child exercised, mark a 1 or 2 representing the workout completed.

If your child works out 2 times a week, they will earn a Club Coin. Please turn in papers to the front desk.

Parent Signature _____ Month _____