**Personal Fitness At Home Assignment**

**Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_ Block:\_\_\_\_\_**

**Student is to complete the following circuit of exercises in the order given. Student may recover 30 seconds between each exercise.**

**The duration for each exercise is 30 seconds. This allows everyone to work at their own challenge level.**

**\_\_\_\_\_1. Pushups (Regular)**

**\_\_\_\_\_2. Jumping Jacks**

**\_\_\_\_\_3. Run in place**

**\_\_\_\_\_4. Squats (90 degrees)**

**\_\_\_\_\_5. 6 inches**

**\_\_\_\_\_6. Pushups (Wide Stance)**

**\_\_\_\_\_7. Run in Place**

**\_\_\_\_\_8. Burpees**

**\_\_\_\_\_9. Bicycle Crunches**

**\_\_\_\_\_10. Run in Place**

**\_\_\_\_\_11. Single Leg Squat (May put hand on desk or wall to assist with balance)**

**\_\_\_\_\_12. Plank Jacks**

**\_\_\_\_\_13. Run in Place**

**\_\_\_\_\_14. Dips (use back of 2 chairs or desks to balance)**

**\_\_\_\_\_15. Wall Sit**

**\_\_\_\_\_16. Run in place**

**\_\_\_\_\_17. Calf Stretch**

**\_\_\_\_\_18. Quad Stretch**

**\_\_\_\_\_19. Sit and reach**

**\_\_\_\_\_20. Butterfly**

**Additionally, students should take 10,000 steps a day. Student will use the I Phone Health application or Samsung Health application to track steps. Student will submit their step count and**