

Name _____ Teacher _____ Period 1 2 3 4 5 6 7

"Get Fit" CONDITIONING PROGRAM

The "Get Fit" Conditioning program is designed to help you get in shape, stay in shape, and improve your fitness scores.



Guidelines are as follows:

- Participate at least three times each week
- Complete the exercise log in detail as you work-out
- Choose activities that you enjoy and that you will participate in
- Your work-out should include a warm-up, strength development, cardio activity, and a cool-down.
- If you are using a Make-up as one of your workout days, you will need to bring your Conditioning form for the supervising teacher to sign

WARM-UPS – At the beginning of the workout, do at least three warm-up exercises. Hold a stretch for 10 counts and do not bounce. Be sure to stretch both the upper body and lower body. (Examples: Hurdler Stretch / Quad Stretch / Arms)

STRENGTH DEVELOPMENT – Do a minimum of three strength exercises. Complete two sets of 20 reps. (2 x 20 = 40) (Examples: Sit-ups / Push-ups / Weights)

CARDIO ACTIVITY – Minimum of 20 minutes and gradually increase the time to 60 minutes. Your Cardio activity must be continuous movement and recorded in either time or distance. (Examples: Running / Biking / Swimming / Soccer)

COOL-DOWN – Do three of your favorite stretching activities. Be sure to stretch both upper and lower body.



DUE DATE: _____

** Parent Signature _____

Student Signature _____

** No parent signature = no grade

WARM-UPS (3 Stretches)

1 _____

2 _____

3 _____

STRENGTH (3 Muscle Building Activities)

1 _____

2 _____

3 _____

✓ You must record the number of reps/sets for each activity

40 Reps Total - 4x10 / 2x20 / 8x5

1. # of reps _____

2. # of reps _____

3. # of reps _____

CARDIO (Minimum of 20 minutes)

✓ You must record in time or distance

1. _____ Time _____

COOL-DOWN (3 Stretches)

1 _____

2 _____

3 _____

Week 2: Date _____

WARM-UPS (3 Stretches)

1 _____

2 _____

3 _____

STRENGTH (3 Muscle Building Activities)

1 _____

2 _____

3 _____

✓ You must record the number of reps/sets for each activity

40 Reps Total - 4x10 / 2x20 / 8x5

1. # of reps _____

2. # of reps _____

3. # of reps _____

CARDIO (Minimum of 20 minutes)

✓ You must record in time or distance

1. _____ Time _____

COOL-DOWN (3 Stretches)

1 _____

2 _____

3 _____

Week 2: Date _____

WARM-UPS (3 Stretches)

1. _____
2. _____
3. _____

STRENGTH (3 Muscle Building Activities)

✓ You must record the number of reps/sets for each activity
40 Reps Total - 4x10 / 2x20 / 8x5

1. _____ # of reps _____
2. _____ # of reps _____
3. _____ # of reps _____

CARDIO (Minimum of 20 minutes)

✓ You must record in time or distance

1. _____ Time _____

COOL-DOWN (3 Stretches)

1. _____
2. _____
3. _____

Week 1: Date

WARM-UPS (3 Stretches)

1. _____
2. _____
3. _____

STRENGTH (3 Muscle Building Activities)

✓ You must record the number of reps/sets for each activity
40 Reps Total - 4x10 / 2x20 / 8x5

1. _____ # of reps _____
2. _____ # of reps _____
3. _____ # of reps _____

CARDIO (Minimum of 20 minutes)

✓ You must record in time or distance

1. _____ Time _____

COOL-DOWN (3 Stretches)

1. _____
2. _____
3. _____

Week 1: Date

WARM-UPS (3 Stretches)

1. _____
2. _____
3. _____

STRENGTH (3 Muscle Building Activities)

✓ You must record the number of reps/sets for each activity
40 Reps Total - 4x10 / 2x20 / 8x5

1. _____ # of reps _____
2. _____ # of reps _____
3. _____ # of reps _____

CARDIO (Minimum of 20 minutes)

✓ You must record in time or distance

1. _____ Time _____

COOL-DOWN (3 Stretches)

1. _____
2. _____
3. _____

Week 1: Date

WARM-UPS (3 Stretches)

1. _____
2. _____
3. _____

STRENGTH (3 Muscle Building Activities)

✓ You must record the number of reps/sets for each activity
40 Reps Total - 4x10 / 2x20 / 8x5

1. _____ # of reps _____
2. _____ # of reps _____
3. _____ # of reps _____

CARDIO (Minimum of 20 minutes)

✓ You must record in time or distance

1. _____ Time _____

COOL-DOWN (3 Stretches)

1. _____
2. _____
3. _____

Week 2: Date