

Del Campo Weight Training Daily Make Up Routine

Day Absent: _____ Day Returning Form: _____

Name: _____ Teacher: _____

| Length of activity: | Activity: | fill in time | Time of Day am/ pm |
|--|---|------------------------------------|-----------------------|
| 20 repetitions | walking lunges | _____ | _____ |
| 100 repetitions | High Knees | _____ | _____ |
| 35 repetitions | Butt Kickers | _____ | _____ |
| 40 repetitions | Heel to Heel Step Replace Both sides | _____ | _____ |
| 100 repetitions | crunches bench crunches knees right knees Left | _____ | _____ |
| 50 repetitions | Burpees | _____ | _____ |
| 10 minutes (Circle activity) | cardiovascular activity: running treadmill bicycling Swim other: _____ | _____ | _____ |
| 30 minutes | Following Routine For Time: | | |
| This is a 21 15 9 workout | Burpees Air Squats Sit Ups Two Footed Bounds Pull ups | time it took to complete: _____ | |
| 5 minutes | Cool Down Stretch Work all major muscle groups quadriiceps deltoid hamstrings triceps/biceps calves gluteals | _____ | _____ |

I _____ verify that _____ successfully
(parent or guardian) (student name)
completed the above assignment on _____ (date)

Following an absence a student has 5 school days to make up absence.

