

Bethel Christian Academy
7-10 Grade P.E.

Name _____ Jan. 11-15, 2021 (week 1)

Instructions: Complete and check off all listed exercises each day. Get a parent signature to verify completion of each day.

Day 1

15 minute cardio (running, cycling, skipping rope, etc.)

3 x 15 push-ups (45 total)

3 x 15 squats (45 total)

3 x 15 v-ups (45 total)

Parent Signature: _____

Day 2

15 minute cardio (running, cycling, skipping rope, etc.)

3 x 15 push-ups (45 total)

3 x 15 squats (45 total)

3 x 15 v-ups (45 total)

Parent Signature: _____