

Bethel Christian Academy  
7-10 Grade P.E.

Name \_\_\_\_\_ Sept 28-Oct. 2, 2020 (week 5)

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: \_\_\_\_\_