

Fitness BINGO!

Name(s): _____ Per: _____

<p>A: 3 sets of 20 incline sit-ups</p> <p>B: 4 sets of 20 regular sit-ups</p> <p>M: _____</p> <p>T: _____</p>	<p>A: 2 sets of 20 walking lunges</p> <p>B: 2 sets of 20 stationary lunges</p> <p>M: _____</p> <p>T: _____</p>	<p>A: 2 sets of Front PLANK or 30 sec.</p> <p>B: 1 set of PLANK on each side for 30 sec.</p> <p>M: _____</p> <p>T: _____</p>	<p>A: UPPER body stretches for 2 min.</p> <p>B: Explain to teacher "My Plate" Nutrition & give example of a meal</p>	<p>A: 2 sets of 50 med ball twists w/ buddy.</p> <p>B: 2 sets of 30 med ball twists by yourself.</p> <p>M: _____</p>
<p>A: 2 sets of 20 on Lat. Pulldown machine.</p> <p>M: _____</p> <p>B: Explain to teacher all of the Health Related Fitness Components</p>	<p>A: 2 sets of 25 on Leg Extension Machine</p> <p>M: _____</p> <p>B: 3 x 15 on the Leg Press Machine.</p> <p>M: _____</p>	<p>A: 2 x 25 on Triceps Pulldown</p> <p>B: 3 x 15 of Triceps Kickbacks w/ DB's.</p> <p>M: _____</p>	<p>A: Footwork Drills for 2 minutes</p> <p>Skill used: _____</p> <p>B: Explain to teacher the sets & reps for endurance vs. strength</p>	<p>A: 3 sets of 15 Bench Press (light weight)</p> <p>B: 3 x 8 Bench Press (light-med resistance).</p> <p>M: _____</p>
<p>A: 1 set of 20 med ball chest passes w/ buddy.</p> <p>B. Lay on back and complete 1 set of 20 chest passes to self!</p> <p>M: _____</p>	<p>A: Complete 2 sets of 25 regular pushups. No knees!</p> <p>B: Complete 2 sets of 20 pushups off the big ball or off of the green benches.</p>	<p>FREE SPACE! Choose activity & list</p> <p>A: 2 x 15 of: _____</p> <p>M: _____</p> <p>B: 2 x 15 of: _____</p> <p>M: _____</p>	<p>A: Complete 2 sets of 10 box jumps</p> <p>T: _____</p> <p>B: Complete 3 sets of 15 box jumps</p> <p>M: _____</p>	<p>A: Complete 3 sets of 15 on the Bench Press (light weight)</p> <p>B: Complete 3 sets of 8 (medium weight) on the Bench Press.</p> <p>M: _____</p>
<p>A: 2 x 10 box jumps</p> <p>T: _____</p> <p>B: 3 x 15 box jumps</p> <p>M: _____</p>	<p>A: 3 x 15 of a Bicep curl with Free weights.</p> <p>T: _____</p> <p>B: 3 x 8 of Bicep Curl on curl bench.</p> <p>M: _____</p>	<p>A: 3 sets of 15 of the Squat with DB's..</p> <p>B: 3 sets of 8 Squat in the squat rack.</p> <p>M: _____</p>	<p>A: 2 x 10 lower-level pullups</p> <p>B: 3 x 15 regular pull-ups or flex-hang</p> <p>M: _____</p>	<p>A: 2 x 10 of the ROW.</p> <p>B: 3 x 15 of a one-sided cable cross over.</p> <p>M: _____</p>
<p>A: Learn how to do 3 sets of 10 of MOUNTAIN CLIMBERS</p> <p>B: Explain to teacher the FITT principle & give example</p>	<p>A: Complete 30 Wall Jumps</p> <p>B: Complete 50 "Jump and Reach" in the air</p>	<p>A: Complete all types of LOWER body stretches for 2 minutes</p> <p>B: Tell teacher about the parts of a good workout.</p>	<p>A: Complete 2 sets of 25 on Leg Extension Machine</p> <p>B: Complete 3 sets of 15 on the Leg Press Machine.</p>	<p>A: Complete 3 sets of 12 on calf raises machine</p> <p>B: Complete 3 sets of 10 calf raises OFF of the BOX with weights!</p>