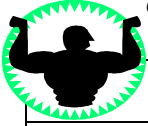




Fitness Form



The goal of this program is to help you increase your Strength and Endurance outside of your training at the Dojo. Each box equals 3 minutes of exercise. Check off each box as you complete each three minutes. If you complete two boxes from each column each day, you will be done with both columns in one month! Have fun!



Strength

3 minute rounds of 10 Pushups, 10 Crunches, and 10 Squats
 Total # of Pushups Crunches Squats

- 3 min 3 min 3 min; #: _____, _____, _____
- 3 min 3 min 3 min; #: _____, _____, _____
- 3 min 3 min 3 min; #: _____, _____, _____
- 3 min 3 min 3 min; #: _____, _____, _____
- 3 min 3 min 3 min; #: _____, _____, _____
- 3 min 3 min 3 min; #: _____, _____, _____
- 3 min 3 min 3 min; #: _____, _____, _____
- 3 min 3 min 3 min; #: _____, _____, _____
- 3 min 3 min 3 min; #: _____, _____, _____
- 3 min 3 min 3 min; #: _____, _____, _____

Total # of Push-ups _____
 Crunches _____
 Squats _____



Endurance

Examples: Jump rope, Bag Work, Jogging, Non-Stop Self Defense Moves, Striders...etc

- 3 min 3 min 3 min
- 3 min 3 min 3 min
- 3 min 3 min 3 min
- 3 min 3 min 3 min
- 3 min 3 min 3 min
- 3 min 3 min 3 min
- 3 min 3 min 3 min
- 3 min 3 min 3 min
- 3 min 3 min 3 min
- 3 min 3 min 3 min

Start Date: _____
 End Date: _____

Student Name: _____

Parent's Signature: _____