

Name: \_\_\_\_\_

Class: \_\_\_\_\_

### Fitness Center

Station	Set 1	Set 2	Set 3
1. Sit and Reach (Hamstrings)	Best of 3 cm:	Best of 3 cm:	Best of 3 cm:
2. Bench Press (Pectorals)	wt: reps:	wt: reps:	wt: reps:
3. Lunges (Gluteals)	wt: reps:	wt: reps:	wt: reps:
4. Lat Pulldown (Latissimus Dorsi)	wt: reps:	wt: reps:	wt: reps:
5. Leg Extensions (Quadriceps)	wt: reps:	wt: reps:	wt: reps:
6. Upright Row (Trapezius)	wt: reps:	wt: reps:	wt: reps:
7. Shoulder Press (Deltoids)	wt: reps:	wt: reps:	wt: reps:
8. Arm Curls (Biceps)	wt: reps:	wt: reps:	wt: reps:
9. Tricep Extention (Triceps)	wt: reps:	wt: reps:	wt: reps:
10. Wrist Curl & Extension (Brachioradialis)	wt: reps:	wt: reps:	wt: reps:
11. Dips (Deltoids)	wt: reps:	wt: reps:	wt: reps:
12-22. Cardio Machines (Cardiorespiratory)	time:	time:	time:
	miles:	miles:	miles:
	calories:	calories:	calories:

Key: wt: The number on the weight stack or dumbbell  
 reps: The number of times the weight was lifted (8-12 per set)  
 cm: Distance reached in cm  
 Time: Duration the exercise lasted

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### Gymnasium #1

Aerobic Video (Cardiorespiratory)	Name of Video:	Time:	Final HR:
Exergame (Cardiorespiratory)	Name of Game:	Name of Activity:	Level: Score:

### Gymnasium #2

Station	Trial 1	Trial 2	Trial 3
1. Long Jump (Best of 3)	Distance	Distance	Distance
2. Line Jumps (60 seconds)	#:	#:	#:
	HR:	HR:	HR:
3. Medicine Ball Exercise (60 seconds)	#:	#:	#:
	HR:	HR:	HR:
4. Speed Stacks: 3-6-3 (Time in Seconds)	Time:	Time:	Time:
5. Agility Station (60 seconds)	#:	#:	#:
	HR:	HR:	HR:
6. Yoga Pose (Hold each for 30 seconds)			
7. Upper Body Mat #1-5 (2 stations, 30 sec. each)	station #	station #	station #
	reps:	reps:	reps:
8. Upper Body Mat #6-10 (2 stations, 30 sec. each)	station #	station #	station #
	reps:	reps:	reps:
9. Jump Rope (60 seconds)	#:	#:	#:
	HR:	HR:	HR:
10. V-Seat	Time:	Time:	Time:
11. Step Ups (1 or 2 steps) (60 seconds)	#:	#:	#:
	HR:	HR:	HR:
12. Agility Ladder (down and back)	<i>Lateral Run</i>	<i>Twist Jumps</i>	<i>Zig Zag Shuffle</i>
	Time:	Time:	Time:
13. Dot Drill (5 parts, 6 times each)	Time:	Time:	Time:
14. Reebok Slide (60 seconds)	#:	#:	#:

Key: #: The number of repetitions completed  
 Time: Duration the exercise lasted in seconds  
 HR: Take pulse for 6 seconds, multiply by 10, write this number

# Fitness

## Concepts of Fitness

1. **Cardiorespiratory Endurance:** The ability of the heart, lungs and circulatory system to supply oxygen and nutrients to working muscles efficiently.
2. **Muscular Endurance:** The ability of the muscle to maintain sub maximum force levels for extended periods.
3. **Muscular Strength:** The maximum force or tension that can be produced by a muscle group.
4. **Flexibility:** The ability to move a joint fluidly through its complete range of motion (ROM).

## General Terminology

1. **Repetition** (rep): One complete action of an exercise (up and down). At least 8-12 reps are recommended at the middle school level.
2. **Set:** A predetermined number of repetitions completed one right after the other.
3. **Resistance:** The weight or load that a muscle works against per repetition.
4. **Rest / Recovery Time:** The amount of time taken between sets of an exercise, between different exercises, or between training sessions.
5. **Frequency:** The number of training sessions completed in a specified period of time (3-4 times per week for strength training, daily for cardiovascular and flexibility).

The following are *six core body areas* and suggested exercises to develop and work those areas. Use the posters in the fitness room for reference or consult the teacher on staff for proper technique of exercises.

CHEST	SHOULDERS	ARMS	LEGS	BACK	STOMACH
push-ups	Dips	Pull-ups	Leg Extension	Pull-up (wide grip)	Crunches
Bench Press	Front Raise	Biceps Curl	Lunge	Dumbbell Row	Scissor Kick
Dips (wide grip)	Side Raise	Dips (close grip)	Heal Raise	Lat Pulldown	Flutter Kick
	Military Press	Tricep Extension			Sit-ups
	Shoulder Press	Tricep Pressdown			V-Sit
	Shrugs				

**Green = new literacy te**

**Bold/Italicized = previous literacy te**