

Get Fit Conditioning Program

Student name _____

The Get Fit Conditioning Program is a six-week program that will help you get in shape for your fitness test.

Guidelines are as follows:

Participate in aerobic activities each day.

Participate in muscle-strengthening and bone-strengthening activities at least three days each week.

Complete the exercise log and return it to your teacher.

You may do part of your workouts during your physical education class.

Select your favorite activities from physical education class.

Place a checkmark in the box for each day you work out. Your workout should include a warm-up, strength development, aerobic activities, and a cool-down.

Warm-up: At the beginning of your workout do at least three of these exercises. Move easily at first and slowly get faster. Be sure to warm up the upper body and the legs.

Strength development: Do at least three strength exercises. Do as many of each exercise as you can, up to 20.

Aerobic activity: Try to do aerobic activities each day. If you have not been very active, start slowly.

Cool-down: Do three activities from this list or your favorites. Be sure to stretch upper and lower body and trunk.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Date:							
Week 2 Date:							
Week 3 Date:							
Week 4 Date:							
Week 5 Date:							
Week 6 Date:							

From The Cooper Institute, 2017, *FitnessGram Administration Manual: The Journey to MyHealthyZone*, 5th ed. (Champaign, IL: Human Kinetics).