1. **Warm Up:**

10 Jumping Jacks 

10 Arm Circles (both ways) 

10 Leg Swings (on each leg) 

1. **Four Machines:**

Machine: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 How Many Reps/How Much Time?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Was it easy, medium or hard? (Circle One)



Machine: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 How Many Reps/How Much Time?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Was it easy, medium or hard? (Circle One)



Machine: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 How Many Reps/How Much Time?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Was it easy, medium or hard? (Circle One)



Machine: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 How Many Reps/How Much Time?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Was it easy, medium or hard? (Circle One)



1. **Cardio:**

**Choose 1 for 10 Minutes:**

****





Was it easy, medium, or hard?



1. **Four Machines:**

Machine: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 How Many Reps/How Much Time?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Was it easy, medium or hard? (Circle One)



Machine: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 How Many Reps/How Much Time?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Was it easy, medium or hard? (Circle One)



Machine: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 How Many Reps/How Much Time?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Was it easy, medium or hard? (Circle One)



Machine: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 How Many Reps/How Much Time?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Was it easy, medium or hard? (Circle One)



1. **Stretch:**

Choose 4 Stretches. Hold each for 30 Seconds.:

 2 leg stretches

Examples:



 1 arm stretch

Examples:



 1 back stretch

Example:



**Challenge:**

Use the foam roller to stretch out your quads



**After the workout:**

* How do you feel?



* Did you sweat?
* Yes, a little
* Yes, a lot
* No
* Did you run out of breath?
* Yes
* No
* Was this workout easy, medium, or hard?



* Did you like this workout?

