



DENTON MARTIAL ARTS CENTER

BE STRONG IN BODY & MIND

Complete these 4 workouts and
record your results

#1

8 MINUTES OF BURPEES!

MUST PERFORM AT LEAST 50 TO COUNT
CHEST TO THE GROUND, HANDS ABOVE HEAD
AS YOU JUMP FOR EACH REP
SHOOT FOR 100!

RESULT- _____ REPS DATE- _____

PARENT INITIAL- _____

#3

RUN FOR 12 MINUTES

NO WALKING! DOESN'T NEED TO BE FAST,
JUST STEADY

DATE- _____

PARENT INITIAL- _____

#2

4 ROUNDS FOR TIME

10 AIR SQUATS (HIPS BELOW KNEES)
10 PUSH-UPS (CHEST TO GROUND)
20 JUMPING JACKS (FEET JUMPING OUT)

TIME- _____ DATE- _____

PARENT INITIAL- _____

#4

TABATA TIME!

SET A CLOCK TO BEEP EVERY 15 SECONDS.
WORK FOR 15 SECONDS, THEN REST FOR 15
SECONDS. PERFORM 4 ROUNDS OF:

PLANK
LEG LIFTS
MOUNTAIN CLIMBERS
HOLLOW (SHELL HOLD, NO HANDS!)

DATE- _____

PARENT INITIAL- _____