

Name: _____

Date:									
Distance	400	400	800	800	800	1600	1600	1600	3200
Time:									
Goal/min	3	3	6	6	6	12	12	12	20

Fall

exercise	Push ups	Sit ups	Pull ups	Push ups	Sit ups	Pull Ups
# done						

Spring

exercise	Push ups	Sit ups	Pull ups	Push ups	Sit ups	Pull Ups
# done						



**“Do not go where the path may lead,
go instead where there is no path and leave a trail.” -unknown**