

## Rio Norte Fitness Log

1. Your fitness log must be filled **out in INK!!!** (Blue or black ink only) Logs in pencil will be given a Zero.
2. You may write in only the following aerobic activities that are **done in class**
  - RIO 25—as an aerobic activity
  - H.O.P.S.-as an aerobic activity
3. Make sure you do **3** aerobic activities and **2** strength workouts each week.
4. Prior to completing your fitness log you should use the warm-up stretches done in class.
5. You only have **3 options** to choose from to write down in the Strength Workout
  - STRENGTH #1 (no weights)
  - STRENGTH #2 (weights)
  - STRENGTH DAY (done in class)

### **Strength Workout #1 (No Weights)**

(All exercises are 3 sets of 12)

- Chair dips
- Push-ups
- Squats
- Lunge Walk
- Heel raises
- Crunches

### **Strength Workout #2 (weights)**

(All exercises are 3 sets of 12)

- Bench Press- 3 sets of 12 reps
- Bicep curls -3 sets of 12
- Shoulder press - 3 sets of 12
- Lunges -3 sets of 15-20 reps
- Heel raises -3 sets of 15-20
- Crunches -3 sets of 20-30 reps

6. Remember Strength workouts must be all 6 exercises not just one.
7. **Aerobic activities elevate your heart rate for 20 CONTINUOUS MINUTES** (nonstop activity).
8. **Good 20 minute continuous aerobic activities include:**
  - swim            -bike            -jog            -run            -trampoline    -speed walk
  - hike            -treadmill    -stair step    -ice skating    -rollerblading -spinning
  - skateboarding
9. **Any organized sports practice can be used for an aerobic requirement or strength requirement.**  
When filling out the activity of the fitness log please include the name of the organization and sport. For example: *practice SCVAA Warrior-football* or *practice WMS Hart-Softball*. **Games do not qualify.**
10. A correctly filled in fitness log may be turned in on the due date for 100% credit. You will lose 20% each day after the due date. After 5 class periods, it is worth 0% and cannot be turned in for credit of any kind (only exception-student was absent)
11. Parents/guardians **MUST SIGN IN INK** the fitness each day an activity has been completed. By signing the fitness log, the parent/guardian is verifying that the student has completed the fitness log assignment.