

Falconer

Physical Education Department

	Office Hours	Email	Remind App Code
Mr. Wilcox	11am-1pm Monday-Friday	dwilcox@falconerschools.org	Send a text to: 81010 Text message: @wilcoxph Or Visit www.remind.com/join/wilcoxph
Mr. Childress	10am-12pm Monday-Friday	jchildress@falconerschools.org	Send a text to: 81010 Text message: @lifelongfi Or visit www.remind.com/join/lifelongfi
Mrs. Scholeno	11am-1pm Monday-Friday	escholeno@falconerschools.org	
Miss Brace	10am-12pm Monday-Friday	bbrace@falconerschools.org	Send a text to: 81010 Text message: @braceph Or visit www.remind.com/join/braceph

Students,

Please complete a total of at least **four** 30-minute workouts a week. After finishing your workout, complete the attached exercise log with the date and time completed. Attached are a few examples of workouts that can be completed at home.

For any questions or concerns please contact your physical education teacher via email or the Remind app.

Sincerely,

Falconer Physical Education Department

Exercise Ideas: hiking, walking, running, biking, fishing, kayaking and sport-specific activities

Physical Education Log

Date:

Time:

Please explain the workout the you completed.

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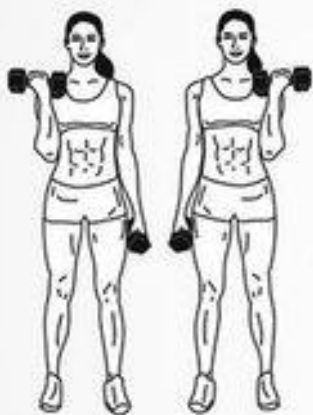
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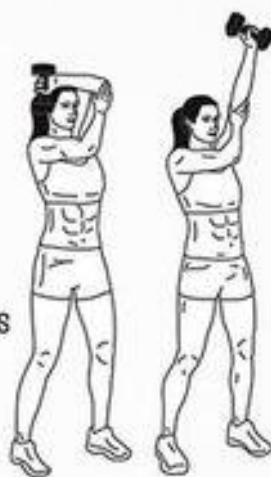
TRIM & TONE

ARMS

WORKOUT
by DAREBEE
@ darebee.com
2 minutes rest
between exercises



12 reps
x 5 sets
alternating bicep curls
20 seconds rest
between sets



12 reps
x 5 sets
tricep extensions
20 seconds rest
between sets



6 reps
x 5 sets
shoulder press
20 seconds rest
between sets



6 reps
x 5 sets
body rows
20 seconds rest
between sets



BODYWEIGHT WORKOUT

MUSCLES



PERFORM EACH EXERCISE AS FOLLOWS:

1. Perform 1-2 exercise from each body part
2. Complete 10-15 repetitions per exercise
3. Repeat for 2-4 sets.

BODY POSITIONS

- L** Left or top position: Start position
- R** Right or bottom position: Second position

UPPER BODY



1 PUSHUP



2 COBRA



3 Y-RAISE



4 DIP



5 PULL-UP

ABS & CORE



6 AB ROLLER



7 PLANK



8 SIDE PLANK



9 LEG LIFT



10 BACK CRUNCH



11 MT. CLIMBER



12 HIP ROTATION



13 T. ROTATION

LOWER BODY



14 SQUAT



15 DROP LUNGE



16 LUNGE



17 SIDE LUNGE



18 GET-UP



19 HIP RAISE



20 ONE-LEG MARCH



21 ONE-LEG RDL

REPS
SETS

10-15
REPETITIONS

2-4
SETS

CHART_{2.0}

Bodyweight Exercises

by DAREBEE © darebee.com



abs



quads



glutes



triceps



biceps



back



chest

 sit-ups	 lunges	 squats	 close grip push-ups	 chin-ups	 pull-ups	 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 backflists	 scapular shrugs	 chest expansions
 bicycle crunches	 side kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee tucks	 get-ups	 body rows	 back lifts	 pike push-ups
 leg raises	 plank jump-ins	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 elbow plank	 lunges step-ups	 side leg raises	 side-to-side chops	 pseudo planche	 reverse angels	 clapping push-ups