**PPJSHS / P.E. - NAME GAME**

A 50 JUMPING JACKS N 25 BURPEES

B 20 CRUNCHES O 40 JUMPING JACKS

C 30 SQUATS P 15 PLYO LUNGES

D 15 PUSH-UPS Q 30 CRUNCHES

E 1 MIN WALL SIT R 15 PUSH UPS

F 10 BURPEES S 30 JUMP SQUATS

G 20 PLYO LUNGES T 15 BURPEES

H 20 JUMP SQUATS U 30 TRICEP DIPS

I 30 JUMPING JACKS V 2 MIN WALL SIT

J 1 MIN PLANKS W 50 CALF RAISES

K 10 PUSH UPS X 60 JUMPING JACKS

L 20 TRICEP DIPS Y 2 MIN PLANKS

M 20 BURPEES Z 20 PUSH UPS

Name Game: Students will perform the above exercises by using a name given by the teachers.

Example: Kent Price - you would do the exercise for each letter of his name

Exercises: If you do not know an exercise, perform an internet search for it.

***May 29 - Name Workout: - Point Pleasant***

Follow up questions:

1. What are the main sources of energy?

2. How much physical activity is enough?

3. What is the strongest muscle in your body?

4. Which of the following activities is best for improving cardiovascular health?

sit ups, aerobics, bowling, stretching