



Heart Rate Zone Intensity Goal:

LOW IMPACT

MODERATE

VIGOROUS

GET IN THE ZONE!

Student Worksheet

Name: _____ Period: _____ Date: _____

Instructions: With your partner, choose the task of your choice until all tasks are complete. Both partners will complete each exercise. Initial your partner's worksheet before moving on.

**Partner Initials
After Completion**

**Zone Color
When Finished**

BPM

_____ 1. 10 Partner Push-Ups - Alternate high 5's R hand, L hand

_____ 2. 20 Russian Twists
(sit down, heels off the ground, tap each side of the floor with both hands on each side of your hips, back and forth)

_____ 3. Shadow Box - 40 punches

_____ 4. 25 Squats Jumps (squat then jump up)

_____ 5. 20 meter shuttle run 10 times at a fast pace

_____ 6. 25 Crunches

_____ 7. Two standing stretches, count to 30 for each

_____ 8. 15 Bicep Curl Ups to Overhead Press

_____ 9. Plank hold to count of 30

_____ 10. High 5 your Teacher

_____ 11. Jog to drinking fountain for a drink

_____ 12. Step Ups - 1 Minute

_____ 13. Jump Rope Freestyle - 1 minute

_____ 14. 15 tricep dips off of chair or bench

_____ 15. Wall sit 30 seconds

What was the highest heart rate you observed? _____

What was the hardest activity for you to complete? _____

Do you feel you got "In the Zone" as far as your focus and in performing each exercise to the best of your ability? How so?

Why is it important to have a workout partner?