



Heart Rate Zone Intensity Key:

Low Intensity

Moderate

Vigorous

# GET IN THE ZONE!

adidas Lesson | September | 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 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?