

NAME _____ DATE _____

CYCLE HOMEWORK

WEEK ONE	BRN RED - BLACK						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	180 EA LEG						
20 SEC. TABLE TOP	22 EACH LEG						
LOW MIDDLE STANCE PUNCH	200						
FRT. STANCE LOW BLOCK	150 EA. LEG						
BACK STANCE FRT. KICK	100 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	150						
RUN IN PLACE	25 MINUTES						

CYCLE HOMEWORK

WEEK TWO	BRN RED - BLACK						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	180 EA LEG						
20 SEC. TABLE TOP	22 EACH LEG						
LOW MIDDLE STANCE PUNCH	200						
FRT. STANCE LOW BLOCK	150 EA. LEG						
BACK STANCE FRT. KICK	100 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	150						
RUN IN PLACE	25 MINUTES						

WEEK THREE	BRN RED - BLACK						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	180 EA LEG						
20 SEC. TABLE TOP	22 EACH LEG						
LOW MIDDLE STANCE PUNCH	200						
FRT. STANCE LOW BLOCK	150 EA. LEG						
BACK STANCE FRT. KICK	100 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	150						
RUN IN PLACE	25 MINUTES						

CYCLE HOMEWORK

WEEK FOUR	BRN RED - BLACK						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	180 EA LEG						
20 SEC. TABLE TOP	22 EACH LEG						
LOW MIDDLE STANCE PUNCH	200						
FRT. STANCE LOW BLOCK	150 EA. LEG						
BACK STANCE FRT. KICK	100 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	150						
RUN IN PLACE	25 MINUTES						

CYCLE HOMEWORK

WEEK FIVE	BRN RED - BLACK						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	180 EA LEG						
20 SEC. TABLE TOP	22 EACH LEG						
LOW MIDDLE STANCE PUNCH	200						
FRT. STANCE LOW BLOCK	150 EA. LEG						
BACK STANCE FRT. KICK	100 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	150						
RUN IN PLACE	25 MINUTES						

CYCLE HOMEWORK

WEEK SIX	BRN RED - BLACK						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	180 EA LEG						
20 SEC. TABLE TOP	22 EACH LEG						
LOW MIDDLE STANCE PUNCH	200						
FRT. STANCE LOW BLOCK	150 EA. LEG						
BACK STANCE FRT. KICK	100 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	150						
RUN IN PLACE	25 MINUTES						

CYCLE HOMEWORK

WEEK SEV EN	BRN RED - BLACK						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	180 EA LEG						
20 SEC. TABLE TOP	22 EACH LEG						
LOW MIDDLE STANCE PUNCH	200						
FRT. STANCE LOW BLOCK	150 EA. LEG						
BACK STANCE FRT. KICK	100 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	150						
RUN IN PLACE	25 MINUTES						

Parents please sign off when complete _____

Date _____