

Name: _____ Period: _____

Time In: _____ Time Out: _____

PE Make-Up

By completing one of the following options, you will receive credit for standards 3, 5, and 6 for one class period missed:

Option 1: 30 minutes of continuous exercise on one of the cardio machines (elliptical, bike, or spin bike)

Option 2: 6 different muscular strength/endurance exercises

- Must complete all 3 sets
- At least 1 exercise for each major muscle group
- Must label all information correctly

Option 3: 15 minutes of continuous exercise on one the cardio machines (elliptical, bike, or spin bike) AND 3 different muscular strength/endurance exercises

- Must complete all 3 sets
- Must label all information correctly

***BE SURE TO HAVE THE TRAINER ON STAFF SIGN AT THE BOTTOM AND RETURN TO YOUR PE TEACHER THE NEXT DAY**

Major Muscle Group	Date	Exercise	Muscles used	Set 1		Set 2		Set 3	
				Weight	Reps	Weight	Reps	Weight	Reps
Arms									
Chest									
Back									

Trainer Signature _____

Name: _____

Period: _____

Time In: _____

Time Out: _____

Legs									
Core									

Cardiorespiratory endurance:

Date	Machine/Exercise	Time	Distance	Calories Burned

Trainer Signature _____