

Name _____		Team: _____		5/23 through 6/6
<b>Directions:</b> Please put the date and use numbers to show how many SETS of each exercise were completed (doing 10 push-ups counts as 1 set) You don't have to do them all together, could do pull-ups, squats, etc throughout the day At the end of the week before turning it, tally everything up and enter the total down below in the "Total" line.				
Max dead hang switching grips = 2 points (start with overhand grip, switch hands to chin up / underhand grip. Go back and forth as many times as you can while hanging)	20 yard sprint = 1 point (try to beat your time)	5 push-ups with feet elevated (could be on stair step, couch, wall) = 1 point	15 lemon squeezers (also called suit case) = 1 point	3 part pull up = 1 point (pull up to 90 degrees, back down, full pull up to chin over bar, lower to 90 degrees then pull chin back above bar, then straighten arms out)
			<b>Total Points for the Week:</b>	_____
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