

# PE Weekly Record - Cardio

Exercise	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Front & Back Squats					
Plank Jacks					
Speed Skaters					
Burpees					
Skier Hops					
High Knees					
Butt Kicker Run					
Rabbit Hops					
Crab Walks					
Box Toe Touches					