

PE Weekly Record – Full Body

Exercise	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Burpees					
Walk Outs					
Sumo Squat with Side Bend					
Up-Down Planks					
Speed Skaters					
Pike Push-Ups					
Surrenders					
180 Degree Jump Squat					
Crab Walks					
Superman Plank					