

WORKOUT LOG – DAY 2

✓ PICK ANY 10

- 20 Jumping Jacks
- 10 Stretch Kicks (each leg)
- First Half of Form
- 20 Pushups
- Second Half of Form
- 20 Sit-ups
- Your Weapon Form
- 20 Burpees
- 20 Leg Lifts
- 30 Second Plank
- Balance on Each Foot (30 seconds)
- 10 Front Kicks (each leg)
- 10 Side Kicks (each leg)
- 50 Punches

✓ PICK 2 CHALLENGES:

- Do your Form backwards
- Every 5th move in Weapons Form do a jump kick
- Create a Form (15 moves) and perform/post on Facebook Family Page
- How many front kicks can you do in one minute? _____

Your Name	Parent Signature	Date