

Casa Roble JROTC Physical Training Day Make-up Routine

Day Absent _____ Day Returning Form _____

Name _____ Flight _____

Length of Activity:	Activity:	Time Limit:
2x10 Reps	in place lunges	2 minutes
10	jumping jacks (4 count)	1 minute
2x20 Reps	sit ups	2 minutes
2x15 Reps	push ups	2 minutes

10 minutes
(circle one) cardiovascular activity
running bicycling dancing aerobics stair stepper
Other _____

30 minutes Sports related activity
Basketball Baseball Volleyball Tennis Soccer Football Golf
Rugby Cross Country Badminton Other _____

5 minutes Cool Down Stretch *Work all muscle groups*
Quadriiceps, Deltoids, Calves, Glutes, Hamstrings, Triceps/Biceps

I, _____, verify that _____ successfully
completed the above assignments on _____.