

# High Brown Belt Prep Cycle

## Winter 2025

Welcome to the Winter 2025 Prep Cycle! This program is going to be an experience for you—with new challenges, training opportunities, and mental as well as physical landmarks that you have yet to be faced with Ripple Effect Martial Arts and will prepare you to test for your Conditional Black Belt at the Black Belt Immersion Weekend, confirmed for May 16-18, 2025 at the YMCA of the Rockies.

This manual includes the High Brown Belt prep cycle requirements and expectations. Please carefully read this entire manual and submit the Entrance Form (Page 11) and the Release of Information (Page 12) when you arrive for the Entrance Exam on January 18th.

### Prep Cycle Team

Ms. Schnur will be the Prep Cycle Director and Mrs. Emily Fox and Mr. Ogle will be the Prep Cycle Coordinators for the Winter/Spring 2025 Prep Cycle. All communication should be sent through the dedicated prep cycle email: [prepcycle@rippleeffectmartialarts.com](mailto:prepcycle@rippleeffectmartialarts.com). We are excited to take this journey with you!

### Expectations of Prep Cycle Students

This intense training requires dedication on your behalf, and it is critical to remember that *attitude is everything*. Black Belt is more than a physical achievement. The Black Belts and instructors at Ripple Effect Martial Arts expect that you increasingly embody the overall attitude and embrace the character attributes that we recite in the Black Belt Creed. Ultimately, our goal is to see you become strong leaders in the community and lead your life with integrity and perseverance.

- Parents and students: If you have any concerns or comments please bring them to your prep cycle team directly, since often emails can be misconstrued. Please allow 24 hours for response to emails.
- Please note that having a bad or disrespectful attitude on either side (parent or student) will result in your dismissal and you will need to wait until the next testing cycle.
- We have a Prep Cycle strike system for poor attitude or effort, including attendance and accountability. If a student receives 3 strikes, they may be dismissed from this prep cycle and will need to wait until the next testing cycle. A strike can be received for poor attitude, disrespect, and/or lack of effort on behalf of the student or the parent. Earning a strike will be directly communicated with the student and family in person or via email.
- Students will receive a grade (1-4) for each prep cycle training based on two areas of focus - Technique and Intention. Grades for technique will be assigned based on the level of execution of skills performed, while grades for intention will be based on the student's effort, attitude, and preparedness. Students who receive a failing grade (1 or 2) for Intention will receive a strike. Grades will be communicated to each student by email on a weekly basis.

**Make sure that you read this entire manual** so that you thoroughly understand the expectations of your Black Belt instructors and the criteria by which you will be evaluated. Prep Cycle is intended to improve your martial arts technique, raise your level of performance, demonstrate your commitment and mental strength, strengthen your Black Belt character, and prepare you for your Black Belt test. Participation does not guarantee your next rank; if at any point a student exhibits a poor attitude, negative behavior, or does not give their best effort, the student will be asked to wait until the next testing cycle. If, at any time, the instructors feel that a student is not ready for the Black Belt Test, we will postpone their test date while the student addresses the needed skills to succeed in achieving their Black Belt goals. Your instructors are always evaluating your performance.

## Health and Safety

All students are required to be medically cleared by the Ripple Effect Medical Director prior to participating in this intense training. **You are required to submit the Prep Cycle Physical Form, which can be found on the prep cycle website (<https://rippleeffectmartialarts.com/black-belt-prep>), to Dr. Johns ([RippleEffectMedicalCoach@gmail.com](mailto:RippleEffectMedicalCoach@gmail.com)) prior to the first practice if you have not submitted one recently.**

If a student has any injuries occur during the cycle that will prevent them from completing normal training activities and/or will require the use of modifications in order to participate, the student is required to contact Dr. Johns via email (and cc the prep cycle team) to request modifications. The Prep Cycle Leadership team will be unable to give modifications for class activities without this communication.

## Prep Cycle Essay

High Brown Belt students are required to submit an essay describing “What Black Belt Means to Me.” Plan to discuss trials you have overcome in your Black Belt journey, the lessons you have learned in this process and how you intend to apply what you’ve learned in the future. Essays should be typed and formatted to be 750 words and **due by 1st practice: Saturday, January 25th**. Please send your essay via email to [prepcycle@rippleeffectmartialarts.com](mailto:prepcycle@rippleeffectmartialarts.com).

## Prep Cycle Entrance Exam

All High Brown Belt students are required to attend and pass the Prep Cycle Entrance Exam. Students are expected to know all of their curriculum in order to be accepted to the Prep Cycle program. The Entrance Exam will be Saturday, January 18th 3:00pm - 5:00pm at the Ripple Effect Johnstown school.

## Prep Cycle Trainings

The full High Brown Belt Prep Cycle practice schedule is provided below. Prep Cycle Trainings include a weekend joint practice (primarily Saturdays with some Sunday practices due to other conflicting events) and a weeknight conditioning class. The schedule of the weekend joint practices are provided below. Note that the location and times vary throughout the cycle. The weeknight conditioning class will be 1.5 hours and will be offered each week, until the mid-cycle, in both Johnstown and Broomfield. Students are required to attend ONE of the weeknight practices. Weeknight practices at Broomfield will be on Tuesday evenings from 7:00pm - 8:30pm and in Johnstown on Thursday evenings from 5:45pm - 7:15pm.

Prep Cycle practices will consist of conditioning and curriculum review. Please bring your belt, all sparring gear, all weapons, water bottle, training notebook, and a writing utensil. Prep Cycle practices are designed to detail and fine tune existing curriculum, not to teach new material. Students are responsible for filling any and all knowledge gaps in curriculum (combinations, forms, words of the belt) on their own.

We will make every effort to start and end each training session on-time, however **there may be times when we must stay late or come in early to meet our training objectives. We may need to schedule additional days of training. This will be done at the Prep Cycle Coordinator's discretion and the cooperation of the student and family are expected.** We will communicate any schedule changes as soon as possible. Please respectfully bring schedule change concerns directly to the Prep Cycle Leadership Team.

The High Brown Belt prep cycle students are responsible for cleaning the school at the end of practices. This tradition reinforces humility, diligence, integrity, teamwork and pride in our school. The cleaning activities will start at the end of the scheduled practice time (e.g. for practices ending at 5:00 pm, cleaning will start at 5:00 pm) and students will be dismissed as a team when all cleaning has been completed. Please note that the group will become more efficient at cleaning over time.

## Winter 2025 High Brown Belt Prep Cycle Training Schedule

*Weekly conditioning class will be 1.5 hours starting the week of January 27th:*

*Broomfield - every Tuesday from 7:00pm – 8:30pm*

*Johnstown - every Thursday from 5:45pm – 7:15pm*

<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Notes</b>
Sat, Jan 18	3:00 - 5:30 pm	Johnstown	<b>*Entrance Exam - Full Uniform Required</b>
Sat, Jan 25	1:30 - 5:30 pm	Broomfield	<b>H. Brown Only</b>
Sat, Feb 1	1:30 - 5:30 pm	Johnstown	
Sat, Feb 8	1:30 - 5:30 pm	Broomfield	Conditionals Not Required
Sat, Feb 15	12:00 - 4:00 pm	Johnstown	
Sat, Feb 22	1:30 - 5:30 pm	Johnstown	Conditionals Not Required
Sat, Mar 1	TBD	TBD	CMAA Tournament (Tentative)
Sun, Mar 2	1:30 - 5:30 pm	Broomfield	
Sat, Mar 8	3:00 - 5:00 pm	Johnstown	<b>* Mid-Cycle Test - Full Uniform Required</b>
Sat, Mar 15	1:30 - 5:30 pm	Broomfield	
Sat, Mar 22	1:30 - 5:30 pm	Johnstown	
Sat, Mar 29	1:30 - 5:30 pm	Broomfield	
Sat, Apr 5	1:30 - 5:30 pm	Johnstown	
Sat, Apr 12	1:30 - 5:30 pm	Broomfield	
Sat, Apr 19	NO PRACTICE		
Sat, Apr 26	1:30 - 5:30 pm	Broomfield	
Sat, May 3	12:00 - 2:30 pm	Johnstown	
Sat, May 10	1:30 - 5:30 pm	Johnstown	

### Equipment

Students are responsible for remembering all of their gear for prep cycle trainings. Any additional gear needs will be communicated as soon as possible. If a student is missing a piece of equipment, their Intention grade for that day will be impacted. Please label all gear with your name.

1. Uniform: Ripple Effect t-shirt, belt and pants. Full uniform (Leadership top and pants, and belt) is required for Entrance and Tests.
2. All Weapons: Bo staff, Nunchucks, Kali sticks, Kamas

3. All Sparring Gear: head, chest, hands, shin, feet, groin, mouthpiece, and sanitation wipes
4. Water Bottle(s) (with cap, no open straws)
5. Small snack (no nuts)
6. Training Notebook, pen/pencil

### **Training Attendance Expectations**

It is recommended that High Brown Belt students have no more than 5 total absences from prep cycle trainings (including weekly conditioning classes) in order to be eligible to test in May. Attendance guidelines are set to ensure the student's success, not only in prep cycle, but also during testing weekends. It is highly encouraged that students complete more than the minimum required training hours. Students with more than 5 absences during the cycle may be excused from prep cycle and asked to wait until the next testing cycle.

*Unexcused Absences:* High Brown Belt students **MUST** communicate any absence (either pre-scheduled or last minute) to the prep cycle leadership team in email ([prepcycle@rippleeffectmartialarts.com](mailto:prepcycle@rippleeffectmartialarts.com)). Absences that are not communicated will be considered “unexcused” and will result in an immediate strike being assigned.

If a student misses a prep cycle practice, it is the student’s responsibility to ask a teammate for what they missed. Please note that private lessons with instructors or other Ripple Effect Instructors are not permitted during prep cycle. Not knowing your curriculum is grounds for dismissal.

Bow-In for Prep Cycle Trainings will occur at the posted start time of class. It is expected that students are punctual, prepared and on the mat prior to this time. Students that are tardy for class run the risk of receiving a failing Intention grade for the practice and being assigned a strike.

### **Class Attendance Requirements**

High Brown Belt students **must** attend a minimum of 1) one belt rank class per week, 2) one upper belt (Leadership, Red Belt or above) sparring class, and 3) SWAT one lower belt class (3 classes total minimum per week). During lower belt testing weeks, students only need to attend one belt rank class. Students must keep track of all classes attended in their Training Notebook, including the date and type of class. Prep Cycle training sessions are not intended to be a substitution for your regular classes, and your leadership in the school is expected. If you do not meet these requirements, you will not be allowed to test.

Additionally, all prep cycle students will be expected to participate in any CMAA Tournaments that occur within the cycle time frame. Please be prepared to register and compete in any announced tournaments.

### **Prep Cycle Conditioning Requirements**

You will be provided with exercises/curriculum/conditioning to do outside of class/prep cycle practices. Students are responsible for keeping their conditioning logs in their dedicated Training Notebook.

These exercises are designed to prepare students for the conditioning portion of their Black Belt training and test. Each week students are also required to complete at least one run, increasing distance each week. A running log and weekly exercise logs are provided at the end of this manual and should be **printed out and logged** as students complete each exercise.

Students are also responsible for practicing and reviewing curriculum for a minimum of 10-15 minutes per day. Students should be reviewing general curriculum, however, in some cases, the Prep Cycle Coordinator may assign specific curriculum to review. Students are expected to comply with assignments.

If a student is completing the assigned conditioning as required, there should be noticeable growth and improvement in the quality of exercise techniques throughout the cycle. Your instructors are always evaluating your performance and a strike may be assigned if the student does not show growth and improvement in this area during prep cycle.

### **Reading Assignment**

During the Winter 2025 training cycle, High Brown Belt students will be reading **7 Habits of Highly Effective People by Stephen R. Covey**. There are several versions of this book available, including a teen and a kid version. Please choose the version that works best for you. Throughout the cycle, specific sections will be assigned and will be discussed, as a group, during training sessions. You will also complete a written assignment on each section. Written assignments will consist of a personal summary of the section assigned - what you learned and how you can relate personally to the section. Written assignments should be completed and kept in your training notebook. You will be evaluated on your understanding of this material at the end of the cycle.

### **Korean Heritage**

High Brown Belt students are required to know, and be able to demonstrate, knowledge of the Korean Heritage of Taekwondo, by counting to 10 in Korean in order to be eligible for testing in May. Students can demonstrate their mastery of this knowledge by reciting the count to a member of the prep cycle leadership team at any point during the cycle but by no later than the last prep cycle training session (Saturday, May 10th).

Students will be eligible to earn their Korean Heritage patch if, in addition to counting, they are also able to recite all under black belt form meanings, in one attempt.

### **HERO Project**

High Brown Belt students are required to complete a HERO project, where they will work with a student in their home school who would benefit from additional help in order to pass their next belt test. The purpose of the HERO project is to further develop leadership skills, including awareness of others and leading practices.

High Brown Belt students are responsible for identifying a student, approaching the students' family to discuss the HERO project, and setting up a time to review and practice their curriculum. Students chosen for the HERO project should be Purple belt up to Brown Belt. We recommend the time spent reviewing curriculum to not exceed 15-20 minutes.

HERO Project Students should be selected during the first half of prep cycle. The HERO Project Form is due at your Mid-Cycle exam (March 8th) and will be required for you to test. Details of your HERO project (practice times, struggles and challenges, and your HERO student's progress) are to be included in your Training Notebook.

### **Volunteer Hours**

Students are expected to complete 40 volunteer hours by the time they are testing for their Certified Black Belt. High Brown Belt students are required to complete at least 20 hours by the time they test for their Conditional Black Belts. Volunteer hours include any time spent helping individuals or organizations outside of your family. Volunteer hours can include hours completed at any point since you earned your white belt. Start looking for volunteer opportunities now! A log for volunteer hours can be found in your white student binder or on the [prep cycle webpage \(https://rippleeffectmartialarts.com/black-belt-prep\)](https://rippleeffectmartialarts.com/black-belt-prep).

### **Goal Setting**

Students need to set a minimum of 2 goals related to their martial arts training. Goals can include short-term or long-term goals. These goals should be listed on the Entrance Form at the end of this manual. The Entrance Form is due on January 18th (entrance exam). Students should be re-evaluating their goals throughout prep cycle and be ready to discuss them with the prep cycle leadership team when requested.

### **Training Notebook**

All High Brown Belt students are required to maintain a training notebook which must have the following up-to-date information at minimum.

1. Written goals that you listed on your Entrance Form
2. Log of prep cycle training sessions attendance
3. Log of belt rank classes attended (dates)
4. Log of upper belt (leadership, red belt or higher) sparring classes attended (dates, class)
5. Log of SWAT classes attended (dates, class)
6. Printed and completed exercise logs
7. HERO project details
8. Log of volunteer hours (20 needed)

## 9. Reading Assignments

### **Future Communication**

A calendar of all practices can be found at [RippleEffectMartialArts.com/blackbeltprep](http://RippleEffectMartialArts.com/blackbeltprep). This manual, as well as training references will be posted on this site as well. Please check it regularly. While changes to the schedule will be posted online, last minute changes (which will be few) and reminders will be sent out via email. Please sign and submit the Entrance Form, Release of Contact and Prep Cycle Physical Form by the Entrance Exam (January 18th).

Below is a checklist to follow and stay on track as you prepare for your test in May (the checklist does not need to be turned in).



### Prep Cycle Requirement Checklist

<b>Task</b>	<b>Due Date</b>	<b>Completed</b>
Read Manual	ASAP	
Appropriate Sparring Pads	ASAP	
Good Running Shoes	ASAP	
Submit Prep Cycle Essay	First practice (January 25th)	
Submit Entrance Form with known absences	Entrance Exam (January 18th)	
Submit Release of Contact Information Consent Form	Entrance Exam (January 18th)	
Submit Prep Cycle Physical Form to Dr. Johns	Entrance Exam (January 18th)	
Set a minimum of 2 personal training goals	Entrance Exam (January 18th)	
Print weekly exercise logs	First practice (January 25th )	
Complete and log all weekly exercises	Weekly	
Complete and log all classes attended	Weekly	
Choose Student for HERO Project	by Mid-Cycle Test (March 8th)	
Complete and log at least 20 Volunteer Hours	by May 16th	
Heritage Requirements	by May 10th	
Book Review Assignments	Weekly	

## Belt Rank Exercises and Curriculum Requirements

Task	High Brown Belt	Modifications
Push-ups	100	Leg lifts/V-sits
Sit-ups	100	Leg lifts
Squats	100	
Jumping jacks	100	Step-outs
Mountain climbers	100	Bicycles
Alternating Kicks	100	
Alternating Punches	200	
Leg lifts	100	
Hold out sidekick	100 seconds	
Running	6 miles	See instructor for modifications
All Forms H. Gold-H. Brown Belt	X	
All Combinations White- H. Brown Belt	X	
Musical: Might for Right (Exodus)	X	
Bo Staff 1	X	
Nunchuck 1	X	
Kama 1	X	
Kama 2	X	
Kali Open and Closed	X	
Korean Counting (1-10)	x	
Words of the Belt	X	

# Prep Cycle Entrance Form

Please complete and submit at the Entrance Exam on January 18, 2025.

The Entrance form should be signed by the student and guardian to acknowledge and agree to these expectations.

<b>Student Name</b>	
<b>Parent(s) Name</b>	
<b>Dates of Known Absences</b>	
<b>Student training or character development goals (2 minimum)</b>	

I have read and understand the expectations of Master Macy and the Instructors at Ripple Effect Martial Arts for the Winter 2025 High Brown Belt Prep Cycle. I understand that my/my child's participation in this Prep Cycle does not guarantee next rank, and I am willing to accept the direction and instruction provided to me/my child during Prep Cycle and Black Belt Test weekend.

X \_\_\_\_\_

Parent Signature

Date

X \_\_\_\_\_

Student Signature

Date

## Release of Contact Information Consent Form

We highly encourage group work coordinated by students/parents outside of normal Prep Cycle practices. This can be at outside park locations, for example. This form allows you to consent to the sharing of your preferred contact method to only the Winter 2025 High Brown Belt Prep Cycle students/parents to allow for your team to coordinate. We will not share your information with anyone outside of the Winter 2025 High Brown Belt Prep Cycle.

**This form is required when checking in at your Entrance Exam on Saturday, January 18, 2025.**

I, \_\_\_\_\_, consent to having my contact information below shared with the Winter 2025 High Brown Belt Prep Cycle for use of coordinating outside practice times.

Student Email: \_\_\_\_\_

Student Phone number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Parent Email: \_\_\_\_\_

Parent Phone number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Parent Email: \_\_\_\_\_

Parent Phone number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

## HERO Project Form

Please bring this completed form to your mid-cycle exam on March 8, 2025.

**This form is required for your mid-cycle exam.**

**Student Name:**

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**HERO Student Name:**

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**HERO Student Belt Rank:**

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## Weekly Conditioning Exercises

You are required to complete conditioning exercises FIVE days each week. This conditioning is to begin the week of Sunday, January 26th.

The following pages include weekly homework exercise logs for each week between the start of the cycle and the Black Belt Immersion week. Each week, you have a list of exercises and will need to complete those exercises for a set amount of seconds. On your weekly log, you should record the date and the number of reps of each exercise that you completed in the given time frame. For items marked with a (\*), you will record the number of failures you had during that time frame (for example: how many times did my foot drop or did I lose my balance while holding side kicks OR how many times did I rest my hands on my legs or did I break form while holding a wall sit). There is also a spot to record what curriculum you worked on while reviewing on your own during the week. Please make sure you are taking care of your body and spending time stretching each day BEFORE completing your homework exercises. If you have the time, it's also recommended to stretch afterwards as well. Even just a few minutes of stretching can make a huge difference to your muscles.

Please review the below exercises and take note of any you may be unfamiliar with. You will be given an opportunity to request to see a demonstration of any of these exercises during your first practice. After the first practice, if you do not know how to complete an exercise, please ask a teammate.

# Exercise Log Week 1: Week of January 26 - January 31

Perform each exercise for 100 seconds. Record the date and the number of reps you complete.

Date:	_____	_____	_____	_____	_____
Jumping Jacks					
Pushups					
Twizzlers					
Squats					
Shoulder Taps (1-1, 2-2)					
Russian Twists (1-1, 2-2)					
Rapid Round Kicks Left					
Rapid Round Kicks Right					
Alternating Side Kicks					
*Wall Sits					

**Curriculum Reviewed:**

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## Exercise Log Week 2: February 2 - February 7

Perform each exercise for 100 seconds. **Record the date and the number of reps you complete.**

Date:	_____	_____	_____	_____	_____
High Knees (1-1, 2-2)					
Tricep Dips					
Dead Bugs (1-1, 2-2)					
Horse Stance with Punches					
Burpees					
V-Sits					
Alternating Front Kicks					
*Hold Out Side Kick Left					
*Hold Out Side Kick Right					
*Wall Sits					

**Curriculum Reviewed:**

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## Exercise Log Week 3: February 9 - February 14

Perform each exercise for 100 seconds. Record the date and the number of reps you complete.

Date:	_____	_____	_____	_____	_____
High Knees (1-1, 2-2)					
Tricep Dips					
Dead Bugs (1-1, 2-2)					
Horse Stance with Punches					
Burpees					
V-Sits					
Alternating Front Kicks					
*Hold Out Side Kick Left					
*Hold Out Side Kick Right					
*Wall Sits					

**Curriculum Reviewed:**

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## Exercise Log Week 4: February 16 - February 21

Perform each exercise for 100 seconds. Record the date and the number of reps you complete.

Date:	_____	_____	_____	_____	_____
Jumping Jacks					
Pushups					
Twizzlers					
Squats					
Shoulder Taps (1-1, 2-2)					
Russian Twists (1-1, 2-2)					
Alternating Front Kicks					
*Hold Out Side Kick Left					
*Hold Out Side Kick Right					
*Wall Sits					

**Curriculum Reviewed:**

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## Exercise Log Week 5: February 23 - February 28

Perform each exercise for 100 seconds. Record the date and the number of reps you complete.

Date:	_____	_____	_____	_____	_____
Jumping Jacks					
Pushups					
Twizzlers					
Squats					
Shoulder Taps (1-1, 2-2)					
Russian Twists (1-1, 2-2)					
Rapid Round Kicks Left					
Rapid Round Kicks Right					
Alternating Side Kicks					
*Wall Sits					

**Curriculum Reviewed:**

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## Exercise Log Week 6: March 2 - March 7

Perform each exercise for 100 seconds. **Record the date and the number of reps you complete.**

Date:	_____	_____	_____	_____	_____
High Knees (1-1, 2-2)					
Tricep Dips					
Dead Bugs (1-1, 2-2)					
Horse Stance with Punches					
Burpees					
V-Sits					
Alternating Front Kicks					
*Hold Out Side Kick Left					
*Hold Out Side Kick Right					
*Wall Sits					

**Curriculum Reviewed:**

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# Exercise Log Week 7: March 9 - March 14

Perform each exercise for 60 seconds. Record the date and the number of reps you complete.

Date:	_____	_____	_____	_____	_____
High Knees (1-1, 2-2)					
Tricep Dips					
Dead Bugs (1-1, 2-2)					
Horse Stance with Punches					
Burpees					
V-Sits					
Alternating Front Kicks					
*Hold Out Side Kick Left					
*Hold Out Side Kick Right					
*Wall Sits					

**Curriculum Reviewed:**

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## Exercise Log Week 8: March 16 - March 21

Perform each exercise for 60 seconds. Record the date and the number of reps you complete.

Date:	_____	_____	_____	_____	_____
Jumping Jacks					
Pushups					
Twizzlers					
Squats					
Shoulder Taps (1-1, 2-2)					
Russian Twists (1-1, 2-2)					
Alternating Front Kicks					
*Hold Out Side Kick Left					
*Hold Out Side Kick Right					
*Wall Sits					

**Curriculum Reviewed:**

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## Exercise Log Week 9: March 23 - March 28

Perform each exercise for 60 seconds. **Record the date and the number of reps you complete.**

Date:	_____	_____	_____	_____	_____
Jumping Jacks					
Pushups					
Twizzlers					
Squats					
Shoulder Taps (1-1, 2-2)					
Russian Twists (1-1, 2-2)					
Rapid Round Kicks Left					
Rapid Round Kicks Right					
Alternating Side Kicks					
*Wall Sits					

**Curriculum Reviewed:**

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# Exercise Log Week 10: March 30 - April 4

Perform each exercise for 60 seconds. Record the date and the number of reps you complete.

Date:	_____	_____	_____	_____	_____
High Knees (1-1, 2-2)					
Tricep Dips					
Dead Bugs (1-1, 2-2)					
Horse Stance with Punches					
Burpees					
V-Sits					
Alternating Front Kicks					
*Hold Out Side Kick Left					
*Hold Out Side Kick Right					
*Wall Sits					

**Curriculum Reviewed:**

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# Exercise Log Week 11: April 6 - April 11

Perform each exercise for 60 seconds. **Record the date and the number of reps you complete.**

Date:	_____	_____	_____	_____	_____
High Knees (1-1, 2-2)					
Tricep Dips					
Dead Bugs (1-1, 2-2)					
Horse Stance with Punches					
Burpees					
V-Sits					
Alternating Front Kicks					
*Hold Out Side Kick Left					
*Hold Out Side Kick Right					
*Wall Sits					

**Curriculum Reviewed:**

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## Exercise Log Week 12: April 13 - April 18

Perform each exercise for 60 seconds. Record the date and the number of reps you complete.

Date:	_____	_____	_____	_____	_____
Jumping Jacks					
Pushups					
Twizzlers					
Squats					
Shoulder Taps (1-1, 2-2)					
Russian Twists (1-1, 2-2)					
Alternating Front Kicks					
*Hold Out Side Kick Left					
*Hold Out Side Kick Right					
*Wall Sits					

**Curriculum Reviewed:**

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## Exercise Log Week 13: April 20 - April 25

Perform each exercise for 60 seconds. Record the date and the number of reps you complete.

Date:	_____	_____	_____	_____	_____
Jumping Jacks					
Pushups					
Twizzlers					
Squats					
Shoulder Taps (1-1, 2-2)					
Russian Twists (1-1, 2-2)					
Rapid Round Kicks Left					
Rapid Round Kicks Right					
Alternating Side Kicks					
*Wall Sits					

**Curriculum Reviewed:**

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## Exercise Log Week 14: April 27 - May 2

Perform each exercise for 60 seconds. Record the date and the number of reps you complete.

Date:	_____	_____	_____	_____	_____
High Knees (1-1, 2-2)					
Tricep Dips					
Dead Bugs (1-1, 2-2)					
Horse Stance with Punches					
Burpees					
V-Sits					
Alternating Front Kicks					
*Hold Out Side Kick Left					
*Hold Out Side Kick Right					
*Wall Sits					

**Curriculum Reviewed:**

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## Exercise Log Week 15: May 4 - May 9

Perform each exercise for 60 seconds. **Record the date and the number of reps you complete.**

Date:	_____	_____	_____	_____	_____
High Knees (1-1, 2-2)					
Tricep Dips					
Dead Bugs (1-1, 2-2)					
Horse Stance with Punches					
Burpees					
V-Sits					
Alternating Front Kicks					
*Hold Out Side Kick Left					
*Hold Out Side Kick Right					
*Wall Sits					

**Curriculum Reviewed:**

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## Exercise Log Week 16: May 11 - May 16

Perform each exercise for 100 seconds. **Record the date and the number of reps you complete.** Compare this week to your first week of exercises to see the growth you have made this cycle. Way to Go! Remember to take care of and fuel your body this week. You got this!

Date:	_____
Jumping Jacks	
Pushups	
Twizzlers	
Squats	
Dead Bugs (1-1, 2-2)	
Shoulder Taps (1-1, 2-2)	
Russian Twists (1-1, 2-2)	
Rapid Round Kicks Left	
Rapid Round Kicks Right	
Alternating Side Kicks	
Alternating Front Kicks	
*Hold Out Side Kick Left	
*Hold Out Side Kick Right	
*Wall Sits	