

High Brown Belt Prep Cycle

Winter 2026

Welcome to the Winter 2026 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 1-3, 2026, location TBD.

This manual includes the High Brown Belt prep cycle requirements and expectations. Please carefully read this entire manual and submit the Entrance Form (Page 10) and the Release of Information (Page 11) when you arrive for the Entrance Exam on January 10th.

Prep Cycle Team

Ms. Schnur will be the Prep Cycle Director and Mrs. Fox and Mr. Ogle will be the Prep Cycle Coordinators for the Winter 2026 Prep Cycle. All communication should be sent through the dedicated prep cycle email:

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 must 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 at <https://rippleeffectmartialarts.com/black-belt-prep>, to Dr. Johns (RippleEffectMedicalCoach@gmail.com) prior to the first practice.**

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 17th**. Please send your essay via email to 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 10th from 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). The schedule of the weekend joint practices are provided below. Note that the location and times may vary throughout the cycle.

Prep Cycle practices may consist of conditioning, curriculum review and detailing, technique drills, and sparring and endurance training. Please bring all required gear/equipment with you to all practices. 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 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, or schedule additional days of training in order to meet our training objectives 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.

Winter 2026 Prep Cycle Training Schedule			
Date	Time	Location	Notes
Sat, Jan 10	3:00 - 5:00 pm	Johnstown	Entrance Exam Full Uniform Required
Sat, Jan 17	12:00 - 4:00 pm	Broomfield	H. Brown Only
Sat, Jan 24	12:00 - 5:00 pm	Broomfield	
Sat, Jan 31	12:00 - 5:00 pm	Johnstown	
Sat, Feb 7	12:00 - 5:00 pm	Johnstown	
Sat, Feb 14	12:00 - 5:00 pm	Broomfield	
Sun, Feb 22	12:00 - 5:00 pm	Johnstown	
Sat, Feb 28	3:00 - 5:00 pm	Johnstown	Mid-Cycle Exam Full Uniform Required
Sat, Mar 7	12:00 - 5:00 pm	Broomfield	
Sat, Mar 14	12:00 - 5:00 pm	Johnstown	
Sat Mar 21	12:00 - 5:00 pm	Broomfield	
Sat, Mar 28	12:00 - 5:00 pm	Johnstown	
Sat, Apr 4	12:00 - 5:00 pm	Broomfield	
Sat, Apr 11	12:00 - 2:30 pm	Johnstown	
Sat, Apr 18	12:00 - 5:00 pm	Johnstown	
Sat, Apr 25	12:00 - 5:00 pm	Broomfield	

Cleaning Responsibilities

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 practice (e.g. for practices ending at 5:30 pm, cleaning will start at 5:30 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.

Equipment

A list of required equipment is below. Students are responsible for remembering, bringing, and carrying all of their own gear for prep cycle trainings. If a student is missing a piece of equipment, their Intention grade for that day will be decreased. Any additional gear needs will be communicated as soon as possible. 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 Exam, Mid Cycle Exam and Technical Test.
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 3 absences from weekend prep cycle trainings and 3 absences from weeknight prep cycle trainings 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 the allowed amount of 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). 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 twice during the cycle will receive a failing Intention grade for the 2nd late practice and will be assigned a strike.

Class Attendance Requirements

High Brown Belt students **MUST** attend a minimum average of 1) two (2) belt rank classes per week, 2) one (1) Leadership sparring class, and 3) one (1) SWAT class (any lower rank class) for a total of FOUR (4) classes total per week). During lower belt testing weeks, students are required to attend and complete one underbelt test. 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 2026 training cycle, High Brown Belt students will be reading **You Are The Team: 6 Simple Ways Teammates Can Go From Good to Great by Michael G Rogers**. 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 up to 10 in Korean. 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, April 25th) in order to be eligible to test in May. 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 (February 28th) 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 10th (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.

Prep Cycle Training Notebook Expectations

All Conditional Black Belt students are required to maintain a training notebook that has your name clearly labeled on the outside, is well organized, and includes the below information. Your notebook should have dividers that are labeled and in the following order:

7. Written goals that you listed on your Entrance Form
8. Log of prep cycle training sessions attendance (including grades once received)
9. Log of belt rank classes attended (dates)
10. Log of leadership sparring classes attended (dates)
11. Log of SWAT classes attended (dates, belt rank of class)
12. Printed and completed weekly conditioning homework logs
13. Printed and completed running logs
14. HERO project details/notes
15. Log of volunteer hours (20 recommended)
16. Reading Assignments

Future Communication

A calendar of all practices can be found at 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 10th).

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

Task	Due Date	Completed
Read Manual	ASAP	
Appropriate Sparring Pads	ASAP	
Good Running Shoes	ASAP	
Submit Prep Cycle Essay	First practice (January 17th)	
Submit Entrance Form with known absences	Entrance Exam (January 10th)	
Submit Release of Contact Information Consent Form	Entrance Exam (January 10th)	
Submit Prep Cycle Physical Form to Dr. Johns	Entrance Exam (January 10th)	
Set a minimum of 2 personal training goals	Entrance Exam (January 10th)	
Print weekly exercise logs	First practice (January 17th)	
Complete and log all weekly exercises	Weekly	
Complete and log all classes attended	Weekly	
Choose Student for HERO Project	by Mid-Cycle Test (February 28th)	
Complete and log at least 20 Volunteer Hours	by May 1st	
Heritage Requirements	by April 25th	
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 10, 2026.

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

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

I have read and understand the expectations of Master Macy and the Instructors at Ripple Effect Martial Arts for the Winter 2026 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 2026 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 2026 High Brown Belt Prep Cycle.

This form is required when checking in at your Entrance Exam on Saturday, January 10, 2026.

I, _____, consent to having my contact information below shared with the Winter 2026 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 February 28, 2026.

This form is required for your mid-cycle exam.

Student Name:

HERO Student Name:

HERO Student Belt Rank:

Weekly Running Log

Each week, complete at least one run, increasing distance each time. Keep in mind that you should be prepared to run 6 miles by the Black Belt Testing Weekend.

Date	Duration	Distance

Weekly Homework Exercises

You are required to complete homework exercises FIVE days each week, M-F. Homework is to begin the week of Monday, January 19th.

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: January 19th- January 23rd

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

	Monday	Tuesday	Wednesday	Thursday	Friday
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:

Exercise Log Week 2: Week of January 26th - January 30th

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

	Monday	Tuesday	Wednesday	Thursday	Friday
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:

Exercise Log Week 3: February 2nd - February 6th

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

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

Curriculum Reviewed:

Exercise Log Week 4: February 9th - February 13th

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

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

Curriculum Reviewed:

Exercise Log Week 5: February 16th - February 20th

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

	Monday	Tuesday	Wednesday	Thursday	Friday
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:

Exercise Log Week 6: February 23rd - February 27th

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

	Monday	Tuesday	Wednesday	Thursday	Friday
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:

Exercise Log Week 7: March 2nd - March 6th

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

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

Curriculum Reviewed:

Exercise Log Week 8: March 9th - March 13th

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

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

Curriculum Reviewed:

Exercise Log Week 9: March 16th - March 20th

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

	Monday	Tuesday	Wednesday	Thursday	Friday
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:

Exercise Log Week 10: March 23rd - March 27th

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

	Monday	Tuesday	Wednesday	Thursday	Friday
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:

Exercise Log Week 11: March 30th - April 3rd

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

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

Curriculum Reviewed:

Exercise Log Week 12: April 6th - April 10th

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

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

Curriculum Reviewed:

Exercise Log Week 13: April 13th - April 17th

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

	Monday	Tuesday	Wednesday	Thursday	Friday
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:

Exercise Log Week 14: April 20th - April 24th

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

	Monday	Tuesday	Wednesday	Thursday	Friday
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:

Exercise Log Week 15: April 27th - May 1st

Perform each exercise for 100 seconds each. **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've got this!

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	
Alternating Front Kicks	
*Hold Out Side Kick Left	
*Hold Out Side Kick Right	
*Wall Sits	

Curriculum Reviewed:
