

NAME _____ DATE _____

CYCLE HOMEWORK

WEEK ONE	PURPLE - BROWN						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	150 EA. LEG						
20 SEC. TABLE TOP	18 EA LEG						
LOW MIDDLE STANCE PUNCH	150						
FRT. STANCE LOW BLOCK	125 EA. LEG						
BACK STANCE FRT. KICK	60 EA. LEG						
JUMPING JACKS	250						
PUSH UPS	100						
RUN IN PLACE	20 MINUTES						

WEEK TWO	PURPLE - BROWN						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	150 EA. LEG						
20 SEC. TABLE TOP	18 EA LEG						
LOW MIDDLE STANCE PUNCH	150						
FRT. STANCE LOW BLOCK	125 EA. LEG						
BACK STANCE FRT. KICK	60 EA. LEG						
JUMPING JACKS	250						
PUSH UPS	100						
RUN IN PLACE	20 MINUTES						

CYCLE HOMEWORK

WEEK THREE	PURPLE - BROWN						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	150 EA. LEG						
20 SEC. TABLE TOP	18 EA LEG						
LOW MIDDLE STANCE PUNCH	150						
FRT. STANCE LOW BLOCK	125 EA. LEG						
BACK STANCE FRT. KICK	60 EA. LEG						
JUMPING JACKS	250						
PUSH UPS	100						
RUN IN PLACE	20 MINUTES						

CYCLE HOMEWORK

WEEK FOUR	PURPLE - BROWN						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	150 EA. LEG						
20 SEC. TABLE TOP	18 EA LEG						
LOW MIDDLE STANCE PUNCH	150						
FRT. STANCE LOW BLOCK	125 EA. LEG						
BACK STANCE FRT. KICK	60 EA. LEG						

JUMPING JACKS	250						
PUSH UPS	100						
RUN IN PLACE	20 MINUTES						

CYCLE HOMEWORK

WEEK FIVE	PURPLE - BROWN						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	150 EA. LEG						
20 SEC. TABLE TOP	18 EA LEG						
LOW MIDDLE STANCE PUNCH	150						
FRT. STANCE LOW BLOCK	125 EA. LEG						
BACK STANCE FRT. KICK	60 EA. LEG						
JUMPING JACKS	250						
PUSH UPS	100						
RUN IN PLACE	20 MINUTES						

CYCLE HOMEWORK

WEEK SIX	PURPLE - BROWN						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	150 EA. LEG						
20 SEC. TABLE TOP	18 EA LEG						
LOW MIDDLE STANCE PUNCH	150						
FRT. STANCE LOW BLOCK	125 EA. LEG						
BACK STANCE FRT. KICK	60 EA. LEG						
JUMPING JACKS	250						
PUSH UPS	100						
RUN IN PLACE	20 MINUTES						

CYCLE HOMEWORK

WEEK SEVEN	PURPLE - BROWN						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	150 EA. LEG						
20 SEC. TABLE TOP	18 EA LEG						
LOW MIDDLE STANCE PUNCH	150						
FRT. STANCE LOW BLOCK	125 EA. LEG						
BACK STANCE FRT. KICK	60 EA. LEG						
JUMPING JACKS	250						
PUSH UPS	100						
RUN IN PLACE	20 MINUTES						