

NAME _____ DATE _____

CYCLE HOMEWORK

WEEK ONE	WHITE - CAMO BELT						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	100 EA. LEG						
20 SEC. TABLE TOP	15 EACH LEG						
LOW MIDDLE STANCE PUNCH	125						
FRT. STANCE LOW BLOCK	100 EA. LEG						
BACK STANCE FRT. KICK	50 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	75						
RUN IN PLACE	15 MINUTES						

CYCLE HOMEWORK

WEEK TWO	WHITE - CAMO BELT						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	100 EA. LEG						
20 SEC. TABLE TOP	15 EACH LEG						
LOW MIDDLE STANCE PUNCH	125						
FRT. STANCE LOW BLOCK	100 EA. LEG						
BACK STANCE FRT. KICK	50 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	75						
RUN IN PLACE	15 MINUTES						

CYCLE HOMEWORK

WEEK THREE	WHITE - CAMO BELT						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	100 EA. LEG						
20 SEC. TABLE TOP	15 EACH LEG						
LOW MIDDLE STANCE PUNCH	125						
FRT. STANCE LOW BLOCK	100 EA. LEG						
BACK STANCE FRT. KICK	50 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	75						
RUN IN PLACE	15 MINUTES						
RUN IN PLACE	15 MINUTES						

CYCLE HOMEWORK

WEEK FOUR	WHITE - CAMO BELT						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	100 EA. LEG						
20 SEC. TABLE TOP	15 EACH LEG						
LOW MIDDLE STANCE PUNCH	125						
FRT. STANCE LOW BLOCK	100 EA. LEG						
BACK STANCE FRT. KICK	50 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	75						
RUN IN PLACE	15 MINUTES						

CYCLE HOMEWORK

WEEK FIVE	WHITE - CAMO BELT						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	100 EA. LEG						
20 SEC. TABLE TOP	15 EACH LEG						
LOW MIDDLE STANCE PUNCH	125						
FRT. STANCE LOW BLOCK	100 EA. LEG						
BACK STANCE FRT. KICK	50 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	75						
RUN IN PLACE	15 MINUTES						

CYCLE HOMEWORK

WEEK SIX	WHITE - CAMO BELT						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	100 EA. LEG						
20 SEC. TABLE TOP	15 EACH LEG						
LOW MIDDLE STANCE PUNCH	125						
FRT. STANCE LOW BLOCK	100 EA. LEG						
BACK STANCE FRT. KICK	50 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	75						
RUN IN PLACE	15 MINUTES						

CYCLE HOMEWORK

WEEK SEVEN	WHITE - CAMO BELT						
WHAT	HOW MANY?	M	TU	W	TH	F	TOTAL
KNEE TO ELBOW	100 EA. LEG						
20 SEC. TABLE TOP	15 EACH LEG						
LOW MIDDLE STANCE PUNCH	125						
FRT. STANCE LOW BLOCK	100 EA. LEG						
BACK STANCE FRT. KICK	50 EA. LEG						
JUMPING JACKS	200						
PUSH UPS	75						
RUN IN PLACE	15 MINUTES						

Parent please sign off when complete _____

Date _____