

## HOME EXERCISE PLAN

PARENT SIGNS EACH NIGHT

FLORIDA	A THE TVI STOTUS ETTETT IVIOTIT				NAME:		
Young Marines	)		WEEK 1				
<u>Sunda</u>	<u>Monday</u>	<b>Tuesday</b>	Wednesday	<b>Thursday</b>	<u>Friday</u>	<u>Saturday</u>	
How Many?	Parent How Many? Parent Initials						
ushup <u>s (The correc</u>	et way, butt down, back	straight, knees and	body OFF the grou	nd) (Done in 1 sitti	ng)		
url Ups (The corre	ct way, arms crossed or	chest, touch elbow	s to thighs, all the w	vay down and back	up) (Done in 1 sitt	ing)	
10 Minutes of Sit	& Reach Stretches (sit	on ground like sit a	and reach and bound	ce trying to touch to	oes for 10 minutes)	· ·	
N/A	N/A	N/A	N/A	N/A	N/A	N/A	
			-	-	-	-	
			WEEK 2				
<u>Sunda</u>	<u>Monday</u>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<u>Friday</u>	<b>Saturday</b>	
How Many?	Parent How Many? Parent Initials						
ushups (The correc	et way, butt down, back	straight, knees and	body OFF the grou		ng)		
						DRILL MEET	
				, , , , ,			
url Ups (The corre	ct way, arms crossed or	chest, touch elbow	s to thighs, all the w	vay down and back	up) (Done in 1 sitt	ing)	
■						DRILL MEET	
						DRIED WILLI	
-10 Minutes of Sit	& Reach Stretches (sit	on ground like sit a	and reach and bound	ce trying to touch to	pes for 10 minutes)		