

Tenderfoot Fitness Checklist



Record your best in the following tests.

Exercise	Date	Date (30 days later)
Push-ups	_____	_____
Pull-ups	_____	_____
Sit-ups	_____	_____
Standing long jump	_____	_____
500-yard walk/run	_____	_____

Show improvement in the activities listed above after practicing for 30 days.

To build strength, complete three sets of each of these exercises three or four times a week. For example, do as many sit-ups as you can, then rest for a minute. That's one set. Do a second set of sit-ups, rest again, then finish with a third set. Keeping a notebook of your workout progress can encourage you to keep at it regularly.



Push-Ups

Push-ups build the muscles of the arms, chest, and shoulders.

How to do them:

Lie facedown on the floor with your arms bent and the palms of your hands flat against the floor. Keeping your neck, spine, and knees straight, push yourself upward until your arms are fully extended. Slowly lower yourself toward the floor, then repeat.

For less demanding push-ups, use your knees rather than your toes for balance. Remember to keep your spine and thighs in a straight line. As your strength increases, shift to the regular push-up position with your weight on your hands and toes.