

**Mr. Chapman Physical Education**  
**Grades 9-10**

60= run in place for 60 seconds  
50= skip 50 times with high-knees  
40= jumping jacks  
30= sit-ups  
20= walking lunges  
10= push-ups

REPEAT entire sequence 3X

(doesn't necessarily have to be done in order listed, just made it easier to follow the numbers!)