

Name _____ Per _____ Roll _____

Fit In 15 Makeup Assignment

***Visit YouTube and search for “sick fit boot camp”. Choose one of the FIT In 15 videos on the page. You are going to exercise along to the video trying your best throughout the 15-20 minutes.**

1. Which Fit In 15 did you do? What is the exact title as it is listed on YouTube.
2. Fill in this table with the Names and Reps of the Fit In 15 Exercises featured in this video.

Exercise Name	Round 1	Round 2	Round 3	Total Reps
	Reps	Reps	Reps	
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

3. What was the hardest exercise in this workout?
4. What was the easiest exercise in this workout?
5. If you had to rank how hard this workout was on a scale from 1 (super easy) to 10 (very hard), what would you give it? Why?
6. Were you able to get a family member to do this with you? If yes, tell me who?

Student Signature

Parent Signature

Date