**October 17th 4th Period**

40 pull ups

100 m run

40 sit ups

100 m run

40 toes to bar

100 m run

40 push ups

100 m run

40 dead lifts

100 m run

40 bench press

100 m run

**October 18th Morning practice**

Crab soccer & basketball

**October 19th 4th Period**

1 run around school

20 cleans

20 push press

20 squats

1 run around school

**October 24th Morning practice**

8x :20 work/:10 rest

Push ups

Squats

Sit ups

Run

**October 25th 4th Period**

Bring Sally Up Challenge

Bench Press and/or Squat

**October 26th Morning Practice**

10-8-6-4-2-4-6-8-10

Weighted thrusters

Weighted overhead lunges

Weighted V – ups

\*boys = 20-35 lbs

\*girls = 10-20 lbs

**October 27th 4th Period**

Yoga stretch and games