**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