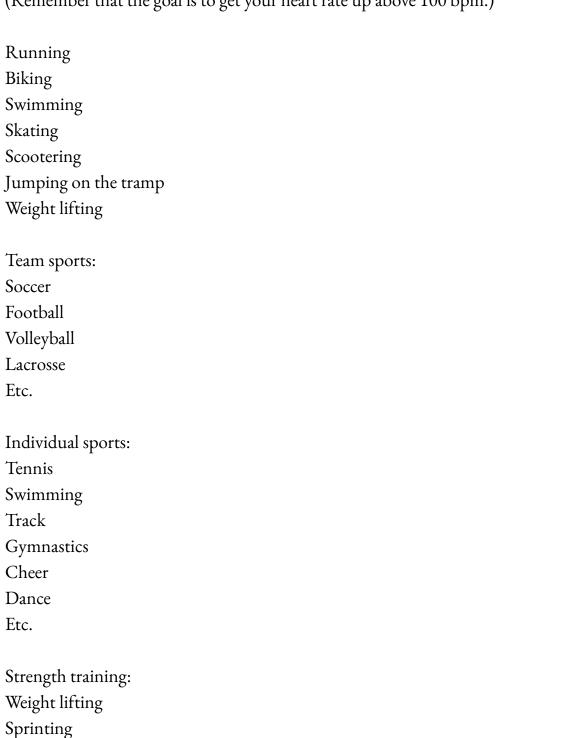
Fitness Log Hour Activities

Plyometrics

Here are some activities you can do to fulfill fitness log portion of the course: (Remember that the goal is to get your heart rate up above 100 bpm.)



Etc.

You can count some activities, like yard work, or your job, for your fitness log hours, but not all of them. I normally let students count things like this for 10 - 20 hours.