Mr. Towkaniuk – Office Hours: Monday – Friday 9:00 AM – 11:00 AM  
email: [dtowkaniuk@tusd.net](mailto:dtowkaniuk@tusd.net)   
Phone: 209-691-3125

Mile:

-Complete the mile once a week and record your time

Every day - Stretches (Hold each stretch 15 seconds. Do each stretch twice)

-Hurdler’s (hamstring), Butterfly (groin), Twister (glute/low back), Flamingo (quadriceps), Arm across (deltoid), Arm behind your head (tricep)

Cardio Exercises: (Choose 1 a day)

1. 10-minute jog outside or on a treadmill if you have one
2. 10-minute bike ride outside or inside if you have a stationary bike
3. 7-minutes stair climbs (go up and down some stairs for 7-minutes if you have access to them)
4. 100 jumps with a jump rope (if you do not have a rope, jump in place and pretend you have one)
5. 7-minutes of High Knees <https://youtu.be/D0GwAezTvtg>

Strength Exercises: (Choose 1 a day)

1. Air squat (Do a minimum of 3 rounds. Each round is 15 reps. Rest 30 seconds to 1 minute between rounds)  
   <https://youtu.be/R0vJBTrzLac>
2. Pushups (Do a minimum of 3 rounds. Each round is 15 reps. Rest 30 seconds to 1 minute between rounds)
3. Burpees (Do a minimum of 3 rounds. Each round is 10 reps. Rest 30 seconds to 1 minute between rounds)  
   <https://youtu.be/dZgVxmf6jkA>
4. Stationary Lunge (Do a minimum of 3 rounds. Each round is 15 reps. Rest 30 seconds to 1 minute between rounds)  
   <https://youtu.be/QOVaHwm-Q6U>
5. Curl Ups (Do a minimum of 3 rounds. Each round is 20 reps. Rest 30 seconds to 1 minute between rounds)
6. Plank (Do a minimum of 3 rounds of 30 seconds. Rest 30 seconds to 1 minute between rounds)  
   <https://youtu.be/pvIjsG5Svck>
7. Leg Lift (Do a minimum of 3 rounds. Each round is 15 reps. Rest 30 seconds to 1 minute between rounds )  
   <https://youtu.be/ZaDPtNSpzqs>

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher Name: Mr. Towkaniuk  
  
Period Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Monte Vista Middle School PE Exercise Log:  
-Complete and email back every week to [dtowkaniuk@tusd.net](mailto:dtowkaniuk@tusd.net) or take a cell phone picture of the log and text to 209-691-3125.  
Make sure you fill your name on the top and have a parent sign the bottom before turning it in.  
  
- Complete y envíe un correo electrónico cada semana a [dtowkaniuk@tusd.net](mailto:dtowkaniuk@tusd.net) o tome una fotografía del registro y el texto del teléfono celular al 209-691-3125.  
Asegúrese de completar su nombre en la parte superior y que un padre firme la parte inferior antes de entregarlo.



Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_