



NAME \_\_\_\_\_

DATES \_\_\_\_\_

# PE Fit

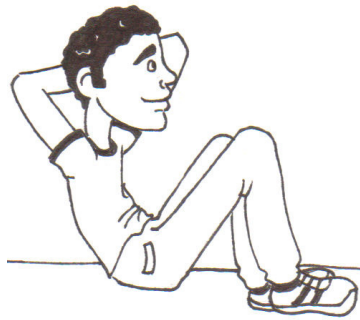
## "AB CHALLENGE" LOG SHEET

RECORD THE NUMBER OF AB EXERCISES YOU DO EACH DAY  
OR THE NUMBER OF MINUTES YOU DID THEM

**CHALLENGE GOAL: 15 MINUTES/DAY**

SEE BACK OF PAGE FOR ABDOMINAL EXERCISE IDEAS

Add up  
your ab  
exercises  
or  
minutes  
each day!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								
WEEK 6								

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TEACHER \_\_\_\_\_

GRADE \_\_\_\_\_

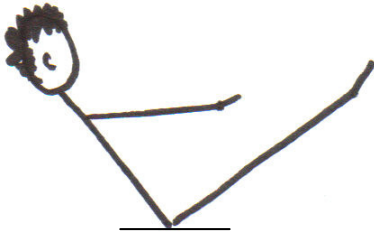


**TOTAL AB  
EXERCISES**



## AB EXERCISE EXAMPLES

### 1. V SIT



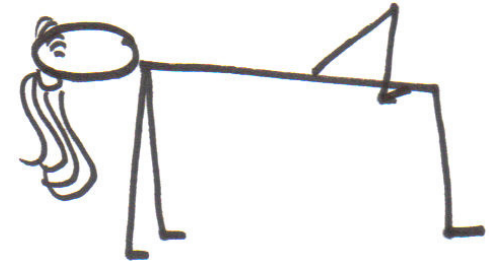
HOLD 10 SECONDS & REPEAT

### 2. PLANK ON ELBOWS



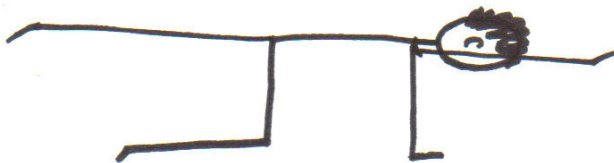
HOLD WORK UP TO 1+ MINUTE

### 3. TABLE TOP



HOLD 30 SECONDS  
SWITCH SIDES

### 4. SPINAL BALANCE



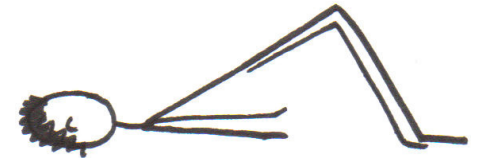
ALTERNATE LIFTING RIGHT ARM  
WITH LEFT LEG THEN LEFT ARM  
WITH RIGHT LEG

### 5. SUPERMAN HOLD



HOLD 10 SECONDS & REPEAT

### 6. BRIDGE



HOLD WORK UP TO 1 MINUTE