

## Rules and Guidelines

Push-ups	Chest touch the floor
Set-Up	Arms across the chest, feet flat on the floor and elbows touch knee
Leg-Lifts	Rest on elbows, legs straight out and lift to 45 degree angle
Squats	Bend legs until thighs are parallel to floor (hands position does not matter-get butt down)
Mountain Climbers	Push position on balls of your feet, jump change bring knee to shoulder
Jump Rope	Use a normal jump rope using any variation of jumps (misses don't count)
Front-Kicks	All kicks must be at waist level, stand in ready-position (below waist don't count)
Front-Punches	Thighs are parallel, feet forward (horse stance) fist on ribs and straight punches (maintain form)
Side Kicks	Hip to knee, alternate legs (anything below knee don't count), pivot foot on each kick
Round Kick	Hip to knee, alternate legs (anything below knee don't count), straight knee and pivot foot

### At Home

- 1 Count on your own (Remember don't cheat yourself)
- 2 Use your score sheet
- 3 Test is against yourself
- 4 Push yourself and set higher goals
- 5 Goal is 80% of your Maximum not the Minimum
- 6 30 second rest between sets one
- 7 60 second rest between sets two and three
- 8 In class Instructor will keep track of times and counts,
- 9 Establish your goal on each set, keep track and compare at the end of the month
- 10 If you can't hit the minimum, your fitness level is below par
- 11 Remember, start with one set before going to set two
- 12 Set two is for two minutes and set three is for three minutes
  - Set one for 15 seconds, Multiply # X 4 = ? Level 1
  - Set Two for 15 seconds, Multiply # X 8 = ? Level 2
  - Set Three for 15 seconds, Multiply # X 12 = ? Level 3 and Black Belts

