



You have been given a *very important top secret mission*. You are expected to complete this mission with your utmost effort & attitude.

WORK HARD, YOU GOT THIS!

*You must complete each activity below and you **MUST** complete the tasks in the given order. Make sure that each task is completed fully, and marked off when finished.*

In order to take all the proper safety precautions, please complete the following pre-mission tasks:

1. Fill out the chart below with your heart rate information (*before and after*)

Heart rate before mission	Heart rate after mission

To calculate your heart rate:

Find your pulse, count for 10 seconds and multiply by 6

2. Fill out the chart below to track the time of your mission

Start time of first task	Time at the end of the last task	Total Amount of Time Mission Took to Complete	Final plank time

3. Complete the following warm-up to ensure your muscles are ready for the mission at hand:
- Jumping jacks x 20
 - Arm circles x 10 each direction (forward and back)
 - Body weight squats x 10
 - Vertical jumps x 10

For each task of the mission that begins with the following words or phrases, be sure to follow the guidelines given:

TOP SECRET = Focus on control and complete exercise with as little movement as possible

DISTRACTION = Focus on being explosive and make your movements as large as possible

COMPLETE MISS SCHULTZ'S MISSION:

- ☐ 1. **TOP SECRET**, complete a 30 second wall sit
- ☐ 2. **DISTRACTION**, complete 15 high knees (each side)
- ☐ 3. **DISTRACTION**, complete 10 squat jumps
- ☐ 4. **TOP SECRET**, complete a 20 second side plank
- ☐ 5. **TOP SECRET**, complete a 20 second side plank on the opposite side
- ☐ 6. REST FOR ONE MINUTE - Don't forget to HYDRATE!
- ☐ 7. **DISTRACTION**, complete 10 tuck jumps
- ☐ 8. **TOP SECRET**, complete 15 shoulder taps in a high plank position (each side)
- ☐ 9. *YOUR COVER HAS ALMOST BEEN BLOWN - TAKE A RUN AROUND YOUR HOUSE OR RUN IN PLACE FOR 1 MINUTE TO SAVE YOUR IDENTITY!*
- ☐ 10. **TOP SECRET**, complete a narrow squat hold for 30 seconds
- ☐ 11. **DISTRACTION**, complete 8 burpees (with no push-up)
- ☐ 12. REST FOR ONE MINUTE - Don't forget to HYDRATE!
- ☐ 13. **DISTRACTION**, complete jumping jacks for 30 seconds
- ☐ 14. **TOP SECRET**, complete a downward dog hold for 30 seconds
- ☐ 15. **DISTRACTION**, complete 30 Russian twists
- ☐ 16. **TOP SECRET**, complete a 30 second superman hold
- ☐ 17. *YOUR COVER HAS ALMOST BEEN BLOWN - QUICK FEET FOR 1 MINUTE*
- ☐ 18. **TOP SECRET**, complete a forearm plank hold for as long as you can!

CONGRATULATIONS!! You have completed the mission

successfully!

Be sure to record your ending heart rate, end time and



plank time in the
chart on the first page!