

LESSON 10 - FOOTBALL**JUMP ROPE/HOPS****:40 of Jump Rope****Your Score:****Side to Side Hops****Your Score:****NO \$4 BUCKS****DRILL****STATIONARY CATCHING DRILL #1****Goal:** 5 Catches in a row from Level 1**Your Score:****STATIONARY CATCHING DRILL #2****Goal:** 5 Catches in a row from Level 2**Your Score:****2 \$4 BUCKS FOR EACH****HOMEWORK****FITNESS #4****TOTAL:** Squats**TOTAL:** Sit Ups**Goal:** 33 Total Reps**2 \$4 BUCKS****LESSON 11 - FOOTBALL****JUMP ROPE/HOPS****:40 of Jump Rope****Your Score:****Split Hops****Your Score:****NO \$4 BUCKS****DRILL****FOOTBALL THROWING #1****Goal:** 15 Points (5 Throws)**Your Score:****2 \$4 BUCKS****HOMEWORK****FITNESS #5****Goal:** 5 Rounds Completed**Your Score:****2 \$4 BUCKS****LESSON 12 - FOOTBALL****JUMP ROPE/HOPS****:40 of Jump Rope****Your Score:****Front to Back Hops****Your Score:****NO \$4 BUCKS****DRILL****PUNTING DRILL #1****Goal:** 15 Points (5 Kicks)**Your Score:****2 \$4 BUCKS****HOMEWORK****FITNESS #6****Goal:** Finish workout in 4:30 or under**Your Time:****2 \$4 BUCKS**