

PE Makeups

Must comply with all requirements or makeup will not count:

1. Dress in PE uniform
2. Check in with Teacher in charge of fitness center
3. Show teacher student ID
4. Give teacher emergency number in case something happens
5. Must sign in at Kiosk (free standing black machine near hand sanitizer) Use your student ID without the #7. Press “Express Start” and then “OK”
6. Sign in at 10 strength machines and do 2 sets of 10 on each machine.
7. Complete 20 minutes of cardio on the large treadmill near the white board or on any of the ellipticals (arc trainer). These are the only 4 machines that you can use because these are the only machines that you can log on. To log in on the treadmill start by pressing “enter” and follow directions on screen. To log in on the arc trainers press “quick start” and follow directions.
8. **Log off** at Kiosk by pressing “finish workout” otherwise your data will not show up online until after midnight.
9. **IMPORTANT**-when you are finished, go to Fitlinxx.com and print out proof of your workout. Must be turned into your PE teacher. Please see you teacher if you do not know how to do this. (Must show your strength and cardio and have the proper date).