**Point System**

Points are based on how many minutes the person does the exercise for.

To get the points per minute I estimated the minute’s people usually spent doing the specific exercise having in mind that it would be for college students and there is not a lot of free time.

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| --- | --- | --- | --- |
| Exercises | Minutes | Points | Points/minute |
| Run | 60 | 100 | 1.67 |
| Swim | 60 | 80 | 1.33 |
| Bike | 60 | 75 | 1.25 |
| Crunches  Easy: Crunches  Medium: **Modified Bicycle Crunches**  Hard: **Bicycle Crunches** | 15 | 15  20  30 | 1  1.33  2 |
| Push-ups  Easy: Knee push ups  Medium: push ups  Hard: alligator push ups | 15 | 20  40  60 | 1.33  2.67  4 |
| Lunges:  Easy: **Forward Lunges**  Medium: **Lunge to High Knee**  Hard: L**unge High Knee Jump** | 15 | 10  20  30 | 0.67  1.33  2 |
| Squats  Easy: **Squat**  Medium: **Jump Squat**  Hard: **Butt Kicker Jump Squat** | 15 | 10  25  35 | 0.67  1.67  2.33 |
| Plank  Easy: **Modified High Plank**  Medium: **High Plank**  Hard: **High Plank Leg Lifts** | 3 | 30  45  60 | 10  15  20 |
| Side-to-side jumps | 6 | 15 | 2.5 |
| High-skips | 6 | 20 | 3.33 |
| Jumping jacks | 10 | 25 | 2.5 |
| Lifting | 30 | 80 | 2.67 |
| Burpees | 5 | 50 | 10 |
| Bird dogs | 3 | 35 | 11.6 |
| Roll up | 3 | 30 | 10 |
| Climbers | 5 | 30 | 6 |
| Flutter kicks | 5 | 40 | 8 |
| Tennis | 30 | 50 | 1.67 |
| Basketball | 30 | 40 | 1.33 |
| Soccer | 60 | 100 | 1.67 |
| Football | 60 | 100 | 1.67 |
| Jumping rope | 30 | 75 | 2.5 |
| Volleyball | 30 | 30 | 1 |
| Walking | 60 | 50 | 0.83 |
| Hiking | 60 | 40 | 0.67 |