

Athlete Charts

It's time to warm up! Begin by filling out the chart below with five exercises you believe will help you warm-up for the day. Working in pairs with your coach, decide on the amount of time you will give for each exercise. Then, take turns timing each other to fill up the # of repetitions column with the amount of exercises each person can complete in the allotted time.

EXERCISE	TIMING	# OF REPETITIONS COMPLETED
<i>Example: Sit-ups</i>	<i>1 Minute</i>	<i>20</i>
1		
2		
3		
4		
5		

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