

Name:

Date:

### Warm Up

Type	Goal	Exercise/Stretch Used
Starter	Increase body temperature and get blood flowing	
Dynamic Stretch	Warm up and loosen up joints	
Static Stretch	Improve Range of Motion through joints	

### Resistance

	Exercise	Sets	Reps
Main Exercise			
Secondary Exercises			

### Tabata

<b>1.</b>	<b>20 s</b>
Rest	10 s
<b>2.</b>	<b>20 s</b>
Rest	10 s
<b>3.</b>	<b>20 s</b>
Rest	10 s
<b>4.</b>	<b>20 s</b>
Rest	10 s
<b>5.</b>	<b>20 s</b>
Rest	10 s
<b>6.</b>	<b>20 s</b>
Rest	10 s
<b>7.</b>	<b>20 s</b>
Rest	10 s
<b>8.</b>	<b>20 s</b>
Rest	10 s