Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_\_

Score: \_\_\_\_\_\_\_\_\_\_\_\_\_/20 Points Presented?\_\_\_\_\_\_\_\_\_

Create a warm up for our PE class! Exercises must be able to be completed without any equipment. Students must also be able to perform the exercise in their role spot. Choose a minimum of 6 exercises. Be sure the warm up is comprehensive, meaning all the major muscle groups and components of fitness are addressed. I don’t expect each exercise to address every category but your warm up as a whole will. You may draw pictures on the back.

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| Exercises  | Chest: Pectoralis Major | Back: Latissimus Dorsi, Erector Spine | Posterior Legs: Gluteus Maximus, Hamstrings, Calf  | Anterior Legs: Quadriceps & Hip Flexors | Core: Rectus Abdominis & Obliques | Cardiovascular | Muscular Challenge  | Mobility Challenge  |
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Side for drawing: