

Name: \_\_\_\_\_ P. \_\_\_\_\_ Date: \_\_\_\_\_

## **Physical Fitness**

### Worksheet 3.3

#### **The Core**

*Write out the procedures for 3 exercises that target your abs and/or lower back.*

1.

2.

3.

#### **Cardiovascular Endurance**

*Calculate your Aerobic Training Zone*

My Max Heart Rate:

$$220 - \frac{\quad}{(\text{My Age})} = \frac{\quad}{(\text{MHR})}$$

My Aerobic  
Training Window:

$$\text{High End: } \frac{\quad}{(\text{MHR})} \times 0.8 = \quad$$

$$\text{Low End: } \frac{\quad}{(\text{MHR})} \times 0.6 = \quad$$

*Find more at:*

## **Muscular Strength**

*Discuss with your coach and write a list of the 5 most important lifts for you.*

- 1.
- 2.
- 3.
- 4.
- 5.

## **Flexibility**

*Discuss with your coach and write a list of the most important stretches for you.*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 10.