

## **ANAEROBIC TRAINING**

Complete each exercise and check off when complete:

<b>Shuttle Run (10x)</b>	
<b>Sprint 10 seconds, jog 10 seconds (5 minutes)</b>	
<b>Jump rope (intense pace 30s x 3)</b>	

## **AEROBIC TRAINING**

Complete each exercise and check off when complete:

<b>Jogging (10 min)</b>	
<b>Biking (10 min)</b>	
<b>Stair climbing (5 min)</b>	