

Week 1

Type of Session:

Indicate how session will progress from start to finish. For example:

- 1-Aerobic Warm Up x 10 minutes
- 2-Dynamic Warm Up
- 3-Strength & Power
- 4-Flexibility

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

1. Write Exercise Name Below: 06000

Notes:

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2. Write Exercise Name Below: 06000

Notes:

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3. Write Exercise Name Below: 06000

Notes:

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4. Write Exercise Name Below: 06000

Notes:

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5. Write Exercise Name Below: 06000

Notes:

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6. Write Exercise Name Below: 06000

Notes:

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7. Write Exercise Name Below: 06000

Notes:

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8. Write Exercise Name Below: 06000

Notes:

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9. Write Exercise Name Below: 06000

Notes:

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10. Write Exercise Name Below: 06000

Notes:

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11. Write Exercise Name Below: 06000

Notes:

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12. Write Exercise Name Below: 06000

Notes:

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13. Write Exercise Name Below: 06000

Notes:

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14. Write Exercise Name Below: 06000

Notes:

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