



## Step 1 Warm-up

A warm-up lasts about **5** minutes

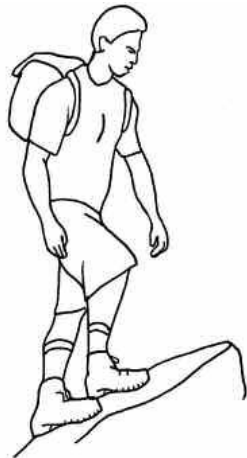
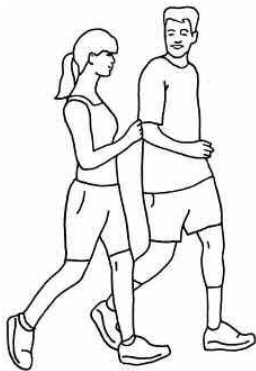
## Step 2 Aerobic Activities

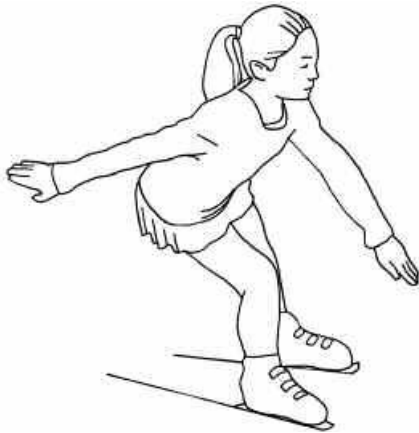
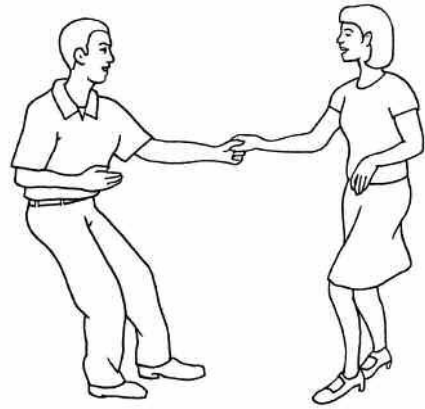
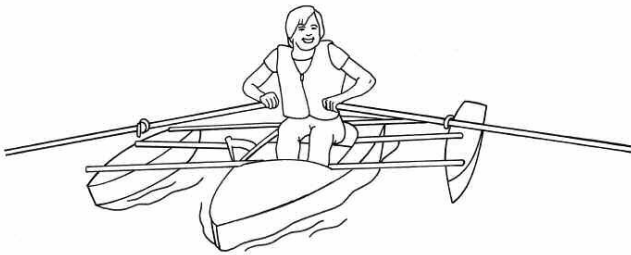
Here are some activities to improve aerobic fitness.

Work with your Coach to choose what to do at home.

Do a **TOTAL of 60 minutes each day** that you are not practicing if you are **between 6 and 18 years of age**.

Do a **TOTAL of 30 minutes each day** that you are not practicing if you are **over 18 years of age**.





**Other activities that I choose to do:**