**5-10 minutes**

Slowly move muscles that will be used. Raise heart rate.

(Ex: jogging)

**5-10 minutes**

Stretching major muscles that will be used.

**20-30 minutes**

Exercise in your target heart rate zone

(Ex: Biking/Cycling)

**30-45 minutes**

Do strength endurance exercises.

(Ex: Weight lifting)

**5-10 minutes**

Move muscles used in workout at a reduced pace.

(Ex: Walking)

**5-10 minutes**

Stretch muscles that were used.

(Ex: Stretching major muscles)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_