

Practice Routines (ONE HOUR)

- **GOAL**
- **TIME LIMIT**
- **REGULAR**

1. Warm ups: (5 mins)
 - a. Exercises that are easy that get you ready and get your body ready for the harder exercise that come later one
2. Material that you already know: (15 mins)
 - a. Something easy/something harder than warmups
3. Material that you are struggling with: (20-25 mins)
 - a. The hard part of your exercise routine
 - b. WHERE YOU WORK TOWARDS YOUR GOAL
4. COOL DOWN (15min)
 - a. Where you work on easy stuff again
 - b. Exercises you did for warm ups
 - c. Come down to a relaxed state