

Reproducible Master 3-5

For use with Lesson 5 (Figure 3.16)

Components of a Complete Workout

This chart contains components of one possible routine. Is this workout similar to your own? How does yours differ?

Component	Type of Activity	Time (in minutes)
Warm-up	Cardiovascular, stretch, low-level calisthenics, walking	10
Workout	<i>Cardiovascular Conditioning:</i> Walk, jog/run, swim, bike, cross-country ski, dance, stair step, in-line skating	20-50
	<i>Muscular Conditioning:</i> Calisthenics, weight training	15-30
Cooldown	Walking, stretching	5-10