

GENERAL AND SPECIFIC WARMING UP IN PAIRS

	NAME AND SURNAME	DATE when you will lead the circuit training to your classmates:
PARTICIPANT 1		
PARTICIPANT 2		

PART I. CARDIOVASCULAR AND MUSCULAR ACTIVATION WITH JOINT MOBILITY WITH MOVEMENT (GENERAL WARMING UP).				
	GRAPHIC REPRESENTATION OF THE EXERCISE (DRAW, IMAGE OR PHOTO)	JOINTS AND MUSCLES THAT ARE WORKING IN THIS EXERCISE	EXPLANATION/DESCRIPTION OF THE EXERCISE	DURATION OF THE EXERCISE (TIME OR REPETITIONS)
NAME OF EXERCISE 1: <i>Example:</i> NAME OF EXERCISE 1:Squat (Sentadilla)				
NAME OF EXERCISE 2:				
NAME OF EXERCISE 3:				
NAME OF EXERCISE 4:				

NAME OF EXERCISE 5:				
NAME OF EXERCISE 6:				
PART II. GAME OF WARMING UP (GENERAL WARMING UP).				
	EXPLANATION/DESCRIPTION OF THE GAME		GRAPHIC REPRESENTATION OF THE GAME (DRAW, IMAGE OR PHOTO)	
NAME OF GAME 1:				
NAME OF GAME 2:				
PART III. SPECIFIC EXERCISES OF A SPORT THAT YOU CHOOSE (Each time you will choose a different sport) (SPECIFIC WARMING UP)				
	EXPLANATION/DESCRIPTION OF THE GAME		GRAPHIC REPRESENTATION OF THE GAME (DRAW, IMAGE OR PHOTO)	
SPECIFIC EXERCISE 1				
SPECIFIC EXERCISE 2				