

Cool-Down #2

Wookly Evereice Plan

LEADERS ME	vv ee	KIY EX	NAM Date	IE:	
Young Marines	Sunday Exercise	Rep/Time		Monday Exercise	Rep/Time
Warm-Up #1			Warm-Up #1		
Warm-Up #2			Warm-Up #2		
Dynamic Stretching #1			Dynamic Stretching #1		
Dynamic Stretching #2			Dynamic Stretching #2		
Dynamic Stretching #3			Dynamic Stretching #3		
Conditioning #1			Conditioning #1		
Conditioning #2			Conditioning #2		
Conditioning #3			Conditioning #3		
Cool-Down #1			Cool-Down #1		
Cool-Down #2			Cool-Down #2		
	Tuesday Exercise	D /T:	V	Vednesday Exercise	D - :: /T:
Warm-Up #1	Exercise	Rep/Time	Warm-Up #1	Exercise	Rep/Time
Warm-Up #2			Warm-Up #2		
Dynamic Stretching #1			Dynamic Stretching #1		
Dynamic Stretching #2			Dynamic Stretching #2		
Dynamic Stretching #3			Dynamic Stretching #3		
Conditioning #1			Conditioning #1		
Conditioning #2			Conditioning #2		
Conditioning #3			Conditioning #3		
Cool-Down #1			Cool-Down #1		
Cool-Down #2			Cool-Down #2		
,	Thursday Exercise	Rep/Time	,	Friday Exercise	Rep/Time
Warm-Up #1			Warm-Up #1		
Warm-Up #2			Warm-Up #2		
Dynamic Stretching #1			Dynamic Stretching #1		
Dynamic Stretching #2			Dynamic Stretching #2		
Dynamic Stretching #3			Dynamic Stretching #3		
Conditioning #1			Conditioning #1		
Conditioning #2			Conditioning #2		
Conditioning #3			Conditioning #3		
Cool-Down #1			Cool-Down #1		

Cool-Down #2



Dynamic Stretching #1 Dynamic Stretching #2 Dynamic Stretching #3

Conditioning #1 Conditioning #2 Conditioning #3 Cool-Down #1 Cool-Down #2

Warm-Up #1 Warm-Up #2

Dynamic Stretching #1 Dynamic Stretching #2 Dynamic Stretching #3

Conditioning #1 Conditioning #2 Conditioning #3 Cool-Down #1 Cool-Down #2

Warm-Up #1 Warm-Up #2

Conditioning #1 Conditioning #2 Conditioning #3 Cool-Down #1

Cool-Down #2

Dynamic Stretching #1 Dynamic Stretching #2 Dynamic Stretching #3

Warm-Up #1 Warm-Up #2 **Sunday**

Tuesday

Thursday

Exercise

Exercise

Exercise

Weekly

	ME: e:		
2	· Monday		
	Exercise	Rep/Ti	
Warm-Up #1			
Warm-Up #2			
Dynamic Stretching #1			
Dynamic Stretching #2			
Dynamic Stretching #3			
Conditioning #1			
Conditioning #2			
Conditioning #3			
Cool-Down #1			
Cool-Down #2			
<u> </u>	Vednesday		
<u>'</u>	Exercise	Rep/Ti	
Warm-Up #1			
Warm-Up #2			
Dynamic Stretching #1			
Dynamic Stretching #2			
Dynamic Stretching #3			
Conditioning #1			
Conditioning #2			
Conditioning #3			
Cool-Down #1			
Cool-Down #2			
	Friday	•	
_	Exercise	Rep/Ti	
Warm-Up #1			
Warm-Up #2			
Dynamic Stretching #1			
Dynamic Stretching #2			
Dynamic Stretching #3			
Conditioning #1			
Conditioning #2			
Conditioning #3			

Cool-Down #1

Cool-Down #2