**Fitness Pentathlon Worksheet**

*Pentathlon is taken from the Greek words Pente (five) and –athlon (competition).*

*BPM = Heart Beats Per Minute*

*Can you crush the Fitness Pentathlon?*

**Record your heart rate before completing the pentathlon:**

Partner 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Partner 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM

Partner 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Partner 4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM

**START!**

1. Complete 55 Jumping Jacks
2. Complete 5 Push-ups
3. Complete 55 Invisible Jump Rope Reps
4. Complete 5 Squats
5. Complete 1 Victory Lap around the activity area

**STOP!**

**Record your heart rate after completing the pentathlon:**

Partner 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Partner 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM

Partner 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Partner 4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM

**Walk 1 cool-down lap around the activity area.**

**Record your heart rate after completing the cool-down lap:**

Partner 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Partner 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM

Partner 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Partner 4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM

**What was the total increase in your Pentathlon BPM?**

Partner 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Increase Partner 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Increase

Partner 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Increase Partner 4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Increase

**What was your 1-lap recovery rate?**

Partner 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Recovery Partner 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Recovery

Partner 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Recovery Partner 4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BPM Recovery

**Customize a new Fitness Pentathlon.**

Choose 5 exercises to complete in order.

*Can you create a Pentathlon that will result in a greater total increase in BPM? Prove it!*

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