|  |  |  |
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| **5 Parts of a warm up** | **Importance** | **Give an example** |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |
| **7 Physical Benefits of a warm up** | | |

|  |  |  |
| --- | --- | --- |
| **2 Parts of a cool down** | **Importance** | **Give and example** |
| 1. |  |  |
| 2. |  |  |
| **8 Physical benefits of a cool down** | | |