

RETRIEVAL CHART ACTIVITY

BOOT CAMP

Complete the following retrieval chart while viewing the video. There is also room to build your own topic, notes and questions. Consider an aspect not covered in the chart below and build your own questions and important information.

| Work Out Element | Important information and considerations provided in the video | Viewing Responses |
|--|---|-------------------|
| Warm Up  | What is the purpose of a warm up activity? | |
| Squats  | What makes the front squat a good movement for the body? | |
| | Describe or illustrate the steps for safely performing a front squat. | |
| Work Out  | Why is a slow, steady pace important at times during exercise? | |
| | Which muscle groups are worked in the Ring Rows exercise? | |
| Warm Down  | What happens in the body during the warm down? (i.e. in terms of heart rate, blood flow and body temperature) | |

