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. ___________________________________________