

Down-Up Rep Chart

With a partner, work together to create a custom Down-Up Rep Chart.

Names: _____

Round 1: 10 Reps	_____
Round 2: 8 Reps	_____
Round 3: 6 Reps	_____
Round 4: 4 Reps	_____
Round 5: 2 Reps	_____
Round 6: 4 Reps	_____
Round 7: 6 Reps	_____
Round 8: 8 Reps	_____
Round 9: 10 Reps	_____

Rep (noun): A single exercise performance within a set of exercise repetitions.