**Dynamic Stretching Multiplier**

(Flexibility Warm-Up)

YouTube Video Demo

**What you need:** 1 six-sided die

The object of this game is to perform each activity on the chart and then determine if it is more of a muscular strength or muscular endurance activity.

The object of this game is to total-up as many points as possible. To score points, you will first perform the correct number of repetitions for each dynamic stretching exercise and then roll the die.

Multiply the number of reps with the number rolled on the die. Write your score for that activity on your scorecard below. When all activities are complete, add the numbers for a total.

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| --- | --- | --- | --- | --- | --- |
| **# of Reps** | **Activity** | **Your Score (reps X roll)** | **# of Reps** | **Activity** | **Your Score (reps X roll)** |
| **10** | **March & Reach** |  | **10** | **Hug Chest Expansions** |  |
| **4** | **Plank**  **Walk-Outs** |  | **20** | **Backstroke Swim Arms** |  |
| **6** | **Walking Lunges** |  | **10** | **Leg Raise Toe Taps** |  |

**Quick Question**

How is a Leg Raise Toe Taps related to the skill-related fitness component of Coordination?