



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. _____