

Name_

MUSCLE UP CLASSIFICATION CHART

Date_

Station	Primary muscles used	Sport skill targeted at station
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Activity 4.8 Muscle Up Classification Chart

 $From \, NASPE, 2011, \textit{Physical Best activity guide: Middle and high school levels}, 3rd \, edition \, (Champaign, IL: Human \, Kinetics).$