



## MUSCLE UP CLASSIFICATION CHART

Name \_\_\_\_\_ Date \_\_\_\_\_

Complete the blanks at each station.

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