

Instructor Practice: Entry-Action-Exit



Using the grid, write out an upper-body strength combination using four different exercises. Note how they will be connected using *entry-action-exit*.

Upper-body strength combination

Exercise	Entry	Action	Exit

Instructor Practice: Entry-Action-Exit



Using the grid, write out a lower-body strength combination using four different exercises. Note how they will be connected using *entry-action-exit*.

Lower-body strength combination

Exercise	Entry	Action	Exit