



Presented by  
**Desjardins**  
Insurance

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Train like a Flames

Train like a Calgary Flames player!

All of the Flames players workout and stay active so that they can play as best they can. Each season the players also do a fitness test, to make sure they're healthy and ready for the season.



Follow the activity sheet below. You have one minute to do as many of each of the exercises as you can.

Are you close to the players' records!?

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

Partner's Name: \_\_\_\_\_

Activity: **Push Ups**

Player: **Blake Coleman**

Results: **37 push ups per minute**

Student Average: **11-19**

Training Period	Student Results
Week 1	
Week 2	
Week 3	
Week 4	

**Physical Education**

