**3 Lions Fitness team sheet**

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| Team name: |  |
| Managers name: |  |
| **Team Sheet**  |
| Position | Name | Exercises | Captain (double the players exercise) |
| **1** | **Goalkeeper** |  |  |  |
| **2** | **Defender** |  |  |  |
| **3** | **Mifielder** |  |  |  |
| **4** | **Midfielder** |  |  |  |
| **5** | **Striker** |  |  |  |
| **6** | **LEGEND** |  |  |  |
|  | Total=  |

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| **Feedback**  |
| **This workout took me-** |  |
| **The amount of sets I completed was-**  |  |