**3 Lions Fitness team sheet**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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= | |

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