

Master 46a

Soccer Training Camp

Soccer players Jada and Erika train together.
They do the same routine at the same time:

Jada

 2 minutes


 10 minutes

 5 minutes


 5 minutes

 2 minutes

 5 minutes

 2 minutes

Erika

 2 minutes


 10 minutes

 5 minutes

 5 minutes

 2 minutes

 5 minutes

 2 minutes

Name _____ Date _____

Master 46b

Soccer Training Camp

The code for the routine is:

Jada	Erika
JJ2, LÜ10, LÜ5, 5SB, C2, JR5, S2	JJ2, LÜ10, LÜ5, 5SB, C2, JR5, S2

You are their coach at training camp. Add breaks and 2 more exercises per player. The players should perform the same exercise at the same time at least twice, and finish at the same time. Alter the code.

Jada	Erika

Alter the code for the coach's challenge. Use Master Z to help.

Jada	Erika