



# Stronger, Faster, Higher

Webelos | Requirement

*Complete Requirement 1-3 and 5.*

1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.
  
2. Do these activities and record your results:
  - (a) 20 yard dash
  - (b) Vertical jump
  - (c) Lifting a 5 pound weight
  - (d) Push-ups
  - (e) Curls
  - (f) Jumping rope

Use this [Tracker Sheet](#) to record your results.

3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week. Observe
  
5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running. Time yourself going through the course, and try to improve your time over a two week period.

Use this [sample course](#) to create your course.

