

Dear judo trainer,

Indicate which exercises of the intervention your judo athletes have performed during the warm-up.
Circle the performed exercises each training.

Week 1 - Training 1		
1A	1B	1C
2A	2B	2C
3A	3B	3C
4A	4B	4C
5A	5B	5C
6A	6B	6C
7A	7B	7C
8A	8B	8C
9A	9B	9C
10A	10B	10C
11A	11B	11C

Week 1 - Training 2		
1A	1B	1C
2A	2B	2C
3A	3B	3C
4A	4B	4C
5A	5B	5C
6A	6B	6C
7A	7B	7C
8A	8B	8C
9A	9B	9C
10A	10B	10C
11A	11B	11C

Week 2 - Training 1		
1A	1B	1C
2A	2B	2C
3A	3B	3C
4A	4B	4C
5A	5B	5C
6A	6B	6C
7A	7B	7C
8A	8B	8C
9A	9B	9C
10A	10B	10C
11A	11B	11C

Week 2 - Training 2		
1A	1B	1C
2A	2B	2C
3A	3B	3C
4A	4B	4C
5A	5B	5C
6A	6B	6C
7A	7B	7C
8A	8B	8C
9A	9B	9C
10A	10B	10C
11A	11B	11C

Week 3 - Training 1		
1A	1B	1C
2A	2B	2C
3A	3B	3C
4A	4B	4C
5A	5B	5C
6A	6B	6C
7A	7B	7C
8A	8B	8C
9A	9B	9C
10A	10B	10C
11A	11B	11C

Week 3 - Training 2		
1A	1B	1C
2A	2B	2C
3A	3B	3C
4A	4B	4C
5A	5B	5C
6A	6B	6C
7A	7B	7C
8A	8B	8C
9A	9B	9C
10A	10B	10C
11A	11B	11C

Week 4 - Training 1		
1A	1B	1C
2A	2B	2C
3A	3B	3C
4A	4B	4C
5A	5B	5C
6A	6B	6C
7A	7B	7C
8A	8B	8C
9A	9B	9C
10A	10B	10C
11A	11B	11C

Week 4 - Training 2		
1A	1B	1C
2A	2B	2C
3A	3B	3C
4A	4B	4C
5A	5B	5C
6A	6B	6C
7A	7B	7C
8A	8B	8C
9A	9B	9C
10A	10B	10C
11A	11B	11C