



# VOCAL ADRENALINE | INSIDE-OUT COACHING IN ACTION



Activity	Time	RPE	Objective
<u>Threaded Warm-Up</u> Bodybuilding  Strength Training  Muscle Toning  General Fitness			
<u>Music Literacy</u>			
<u>Flex</u>			
<u>Song 1 (Moderate)</u>			
<u>Song 2 (Difficult)</u>			
<u>Song 3 (Easier)</u>			
<u>Closure</u>			
<u>Targets</u>			