

Nimi:

**Kuinka usein viimeisen viikon aikana olet kokenut:**

|        | Lihaskipua |   |   |   |   | Yleistä väsymystä |   |   |   |   | Harjoitusmotivaation puutetta |   |   |   |   | Nukkumisongelmia |   |   |   |   | Siviilikiireitä |   |   |   |   |
|--------|------------|---|---|---|---|-------------------|---|---|---|---|-------------------------------|---|---|---|---|------------------|---|---|---|---|-----------------|---|---|---|---|
|        | 5          | 4 | 3 | 2 | 1 | 5                 | 4 | 3 | 2 | 1 | 5                             | 4 | 3 | 2 | 1 | 5                | 4 | 3 | 2 | 1 | 5               | 4 | 3 | 2 | 1 |
| VKO 43 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 44 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 45 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 46 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 47 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 48 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 49 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 50 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 51 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 52 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 1  |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO2   |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 3  |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 4  |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 5  |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 6  |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 7  |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 8  |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 9  |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 10 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 11 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 12 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |
| VKO 13 |            |   |   |   |   |                   |   |   |   |   |                               |   |   |   |   |                  |   |   |   |   |                 |   |   |   |   |

- 1 Ei ollenkaan
- 2 Kerran viikossa
- 3 2-3 kertaa viikossa
- 4 4-5 kertaa viikossa
- 5 Päivittäin



**STRENGTH &  
CONDITIONING**

*Building Strongest, Fastest And Most Agile Floorball Players*