

Track My Kicks | Create Standard Workout - Mozilla Firefox  
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# TRACK MY KICKS.com

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## CREATE STANDARD WORKOUT

SCHEDULED DATE OF WORKOUT: 3/26/2011

### PLACE KICKS

Grade Level: 10th  
Number of PK's: 15  
# of Challenges: 4  
Challenge of Distance: 43


### KICKOFF'S

Grade Level: 10th  
Number of Deep Kick Off's: 9  
Number of Pooch Kick Off's: 2  
Number of Onside Kick Off's: 6

### PUNTS

Grade Level: 10th  
Number of Deep Punts: 15  
Inside 20 Punts: 3  
Number of Corner Punts: 4

[Create Workout](#)



For Standard Workouts, the user enters the date, the grade level for Place Kicks, Kickoffs, and Punts. TMK generates the number of each type of kick. The user (optionally) modifies the number of kicks for his specific workout.