

# TRACK MY KICKS.COM

WELCOME MIKE SMITH

LOGOUT

HOME

WORKOUT

CREATE STANDARD

CREATE CUSTOM

TRACK

LIST

ANALYZE

GAME

CREATE GAME

TRACK GAME

ANALYZE

PROFILE

UPDATE PROFILE

RESET PASSWORD

## CREATE CUSTOM WORKOUT

SCHEDULED DATE OF WORKOUT: 3/26/2011

### PLACE KICKS

Number of PK's:

10

Min Distance:

30

Max Distance:

43

Placement:

Left Post

Middle

Right Post

Left Hash

Right Hash

Left Numbers

Right Numbers

Left Sideline

Right Sideline

# of Challenge Kicks: 4

Distance: 48

### KICKOFFS

Deep Left: 2

Deep Middle: 2

Deep Right: 2

Pooch Left: 0

Pooch Right: 0

Onside Left: 3

Onside Middle: 2

Onside Right: 3

Deep Targets: Distance: 55 Hang Time: 3.2

Pooch Targets: Distance: 40 Hang Time:

Onside Targets: Distance: 13 Hang Time: 1.5



Track My Kicks | Create Custom Workout - Mozilla Firefox  
File Edit View History Bookmarks Tools Help  
http://www.trackmykicks.com/pages/CreateCustomWO.aspx  
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**PROFILE**  
UPDATE PROFILE  
RESET PASSWORD

**KICKOFFS**

Deep Left: 2 Deep Middle: 2 Deep Right: 2  
Pooch Left: 0 Pooch Right: 0  
Onside Left: 3 Onside Middle: 2 Onside Right: 3

Deep Targets: Distance: 55 Hang Time: 3.2  
Pooch Targets: Distance: 40 Hang Time:   
Onside Targets: Distance: 13 Hang Time: 1.5

**PUNTS**

Deep Left: 3 Deep Middle: 3 Deep Right: 3  
Inside 20 Left: 1 Inside 20 Middle: 1 Inside 20 Right: 1  
Corner Left: 1 Corner Right: 1

Deep Targets: Distance: 40 Hang Time: 3.5  
Inside 20 Targets: Distance: 35 Hang Time: 3.5  
Corner Targets: Distance: 30

Create Work Out

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Done

User completes all kick information for Place Kicks, Kickoffs, and Punts, and then selects “Create Workout Button”.