

Aerobic Fitness

- ✿ High knees
- ✿ Side shuffles
- ✿ Jumping jack variations
- ✿ Free choice—aerobic



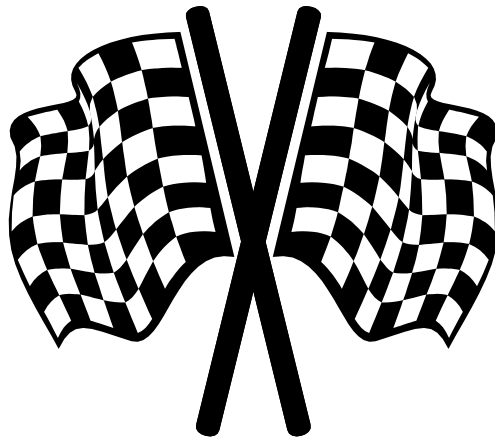
Aerobic Fitness

- ✿ Heel kicks
- ✿ Cariocas
- ✿ Ski jumps
- ✿ Free choice—aerobic



Muscular Strength and Endurance

- ✿ Push-ups
- ✿ Resistance band pull-downs
- ✿ Lunges
- ✿ Free choice—muscular



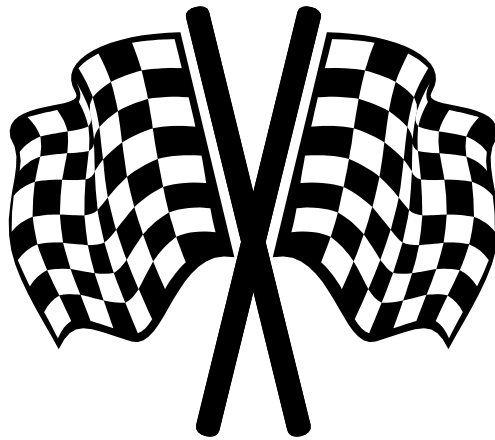
Muscular Strength and Endurance

- ✿ Resistance band chest press
- ✿ Resistance band seated rows
- ✿ Squats
- ✿ Free choice—muscular



Flexibility

- ✿ Quadriceps stretch
- ✿ Chest stretch
- ✿ Butterfly stretch
- ✿ Free choice—flexibility



Flexibility

- ✿ Hamstring stretch
- ✿ Lat stretch
- ✿ Calf stretch
- ✿ Free choice—flexibility

