

SCHOOL OF STRENGTH FITNESS ROOM

Agenda:

- Stretches
- School of Strength Workout
- Fit 5 Exercise
- Exit Slip



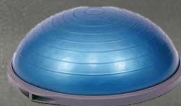
WARM-UP



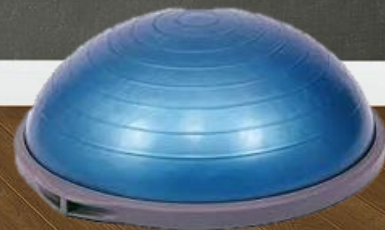
ENDURANCE



STRENGTH



BALANCE



FIT 5 FITNESS ROOM

1.) Click on books and posters for fitness videos

- Blue Book = Flexibility Videos
- Orange Book = Endurance
- Pink Book = Strength

