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| **SIDE SIDE FEET TOGETHER** | **JUMP SQUATS** | **HOOK KICKS** | **FLY KICKS** | **JUMP LUNGES** | **SQUAT + TURNING KICK** |
| **Cardiorespiratory Endurance** | **Muscular**  **Fitness** | **Skill-Related Fitness** | **Cardiorespiratory Endurance** | **Muscular**  **Fitness** | **Skill-Related Fitness** |
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