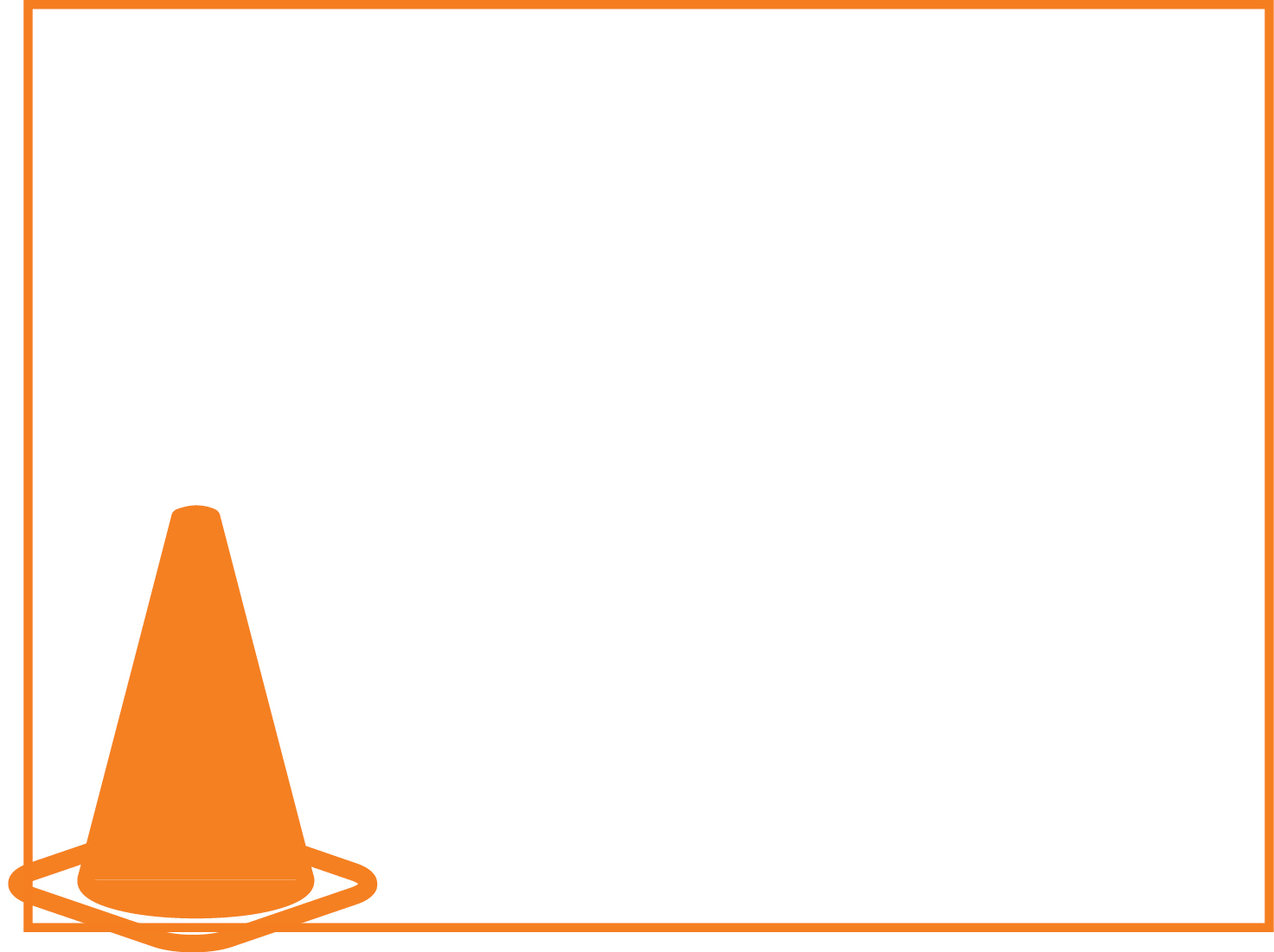


**SIDE SIDE FEET TOGETHER**

Cardiorespiratory Endurance



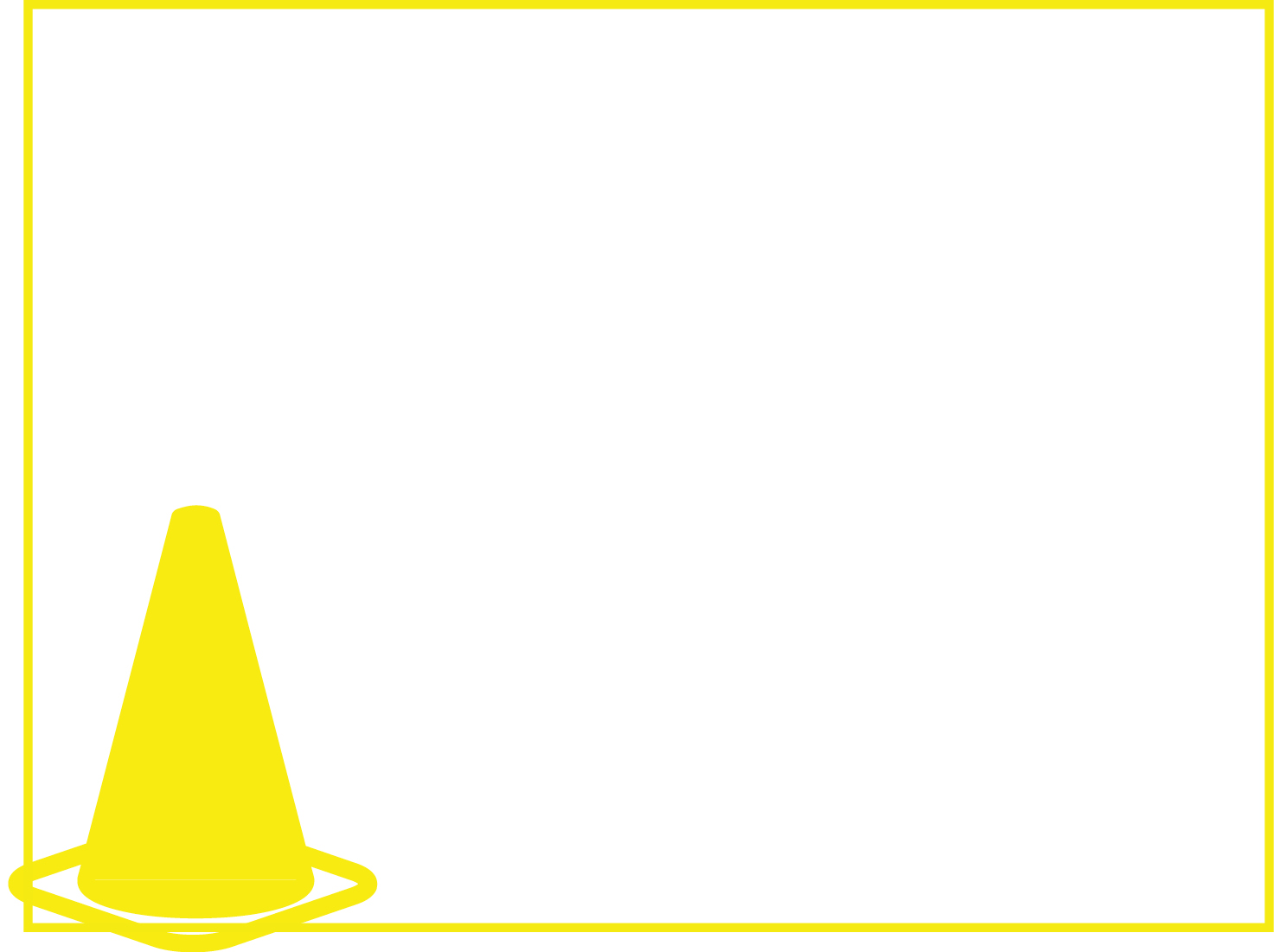


**JUMP**

**SQUATS**

Muscular Fitness



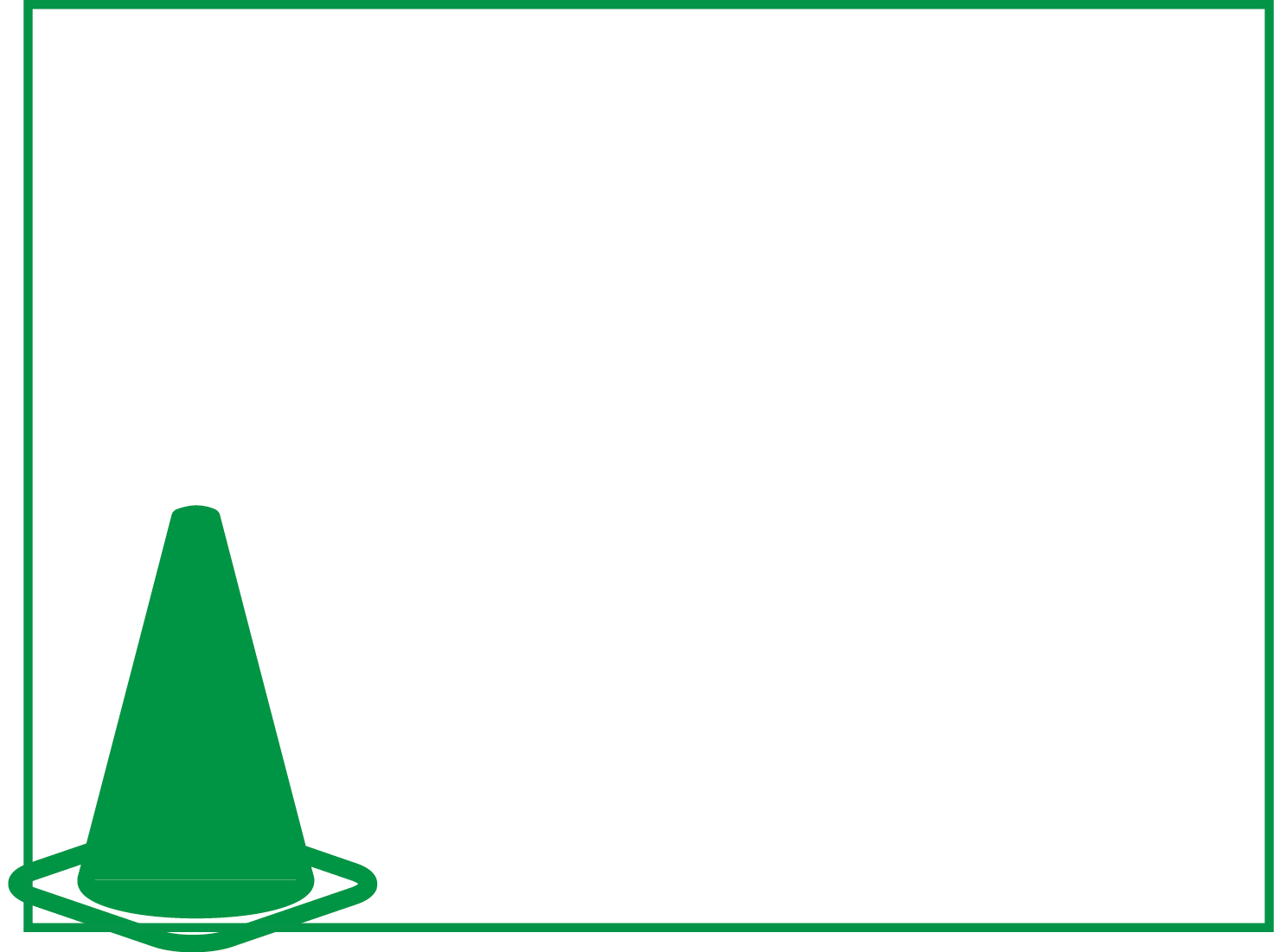


Skill-Related Fitness



**HOOK**

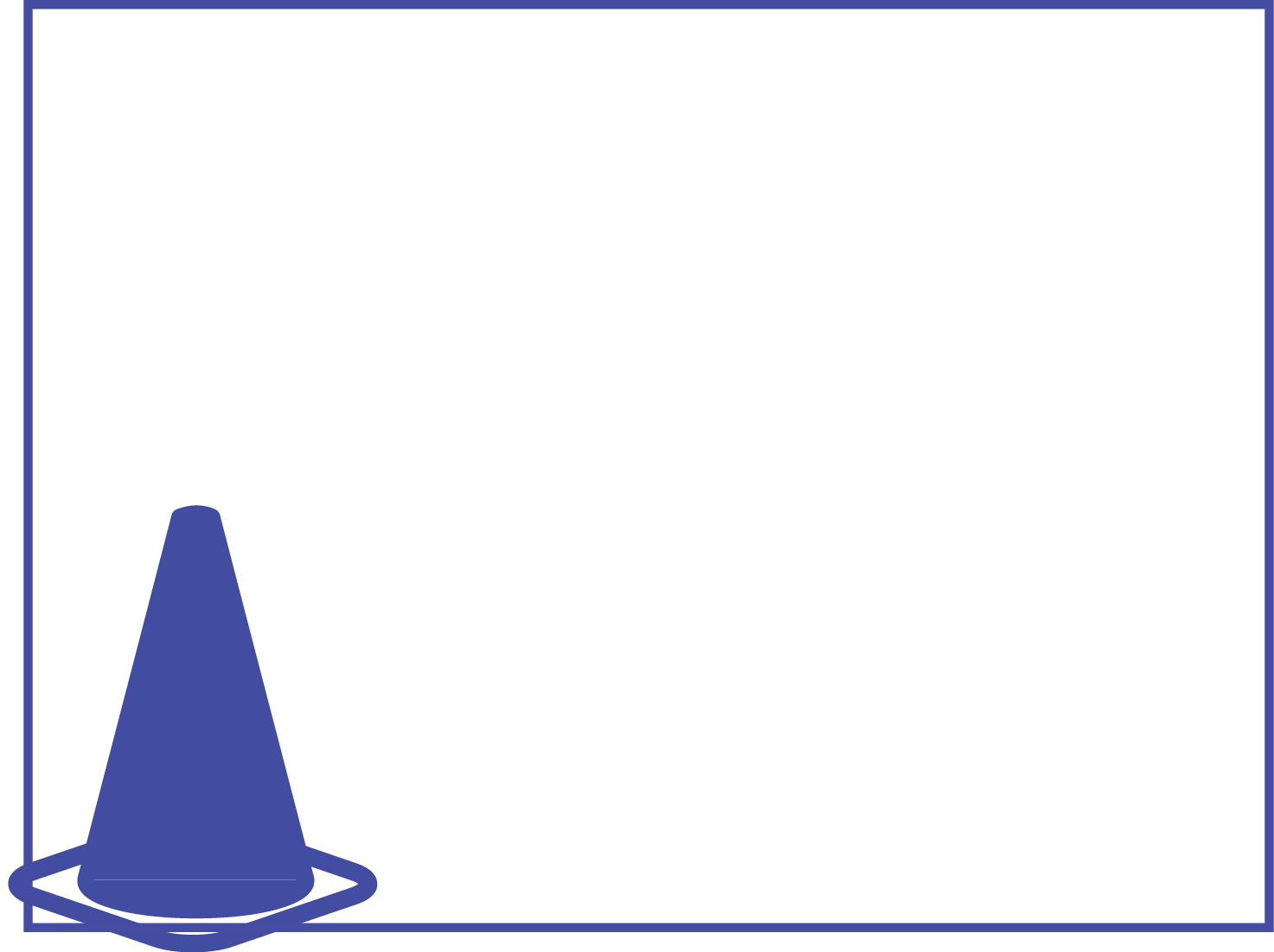
**KICKS**



**FLY KICKS**

Cardiorespiratory Endurance



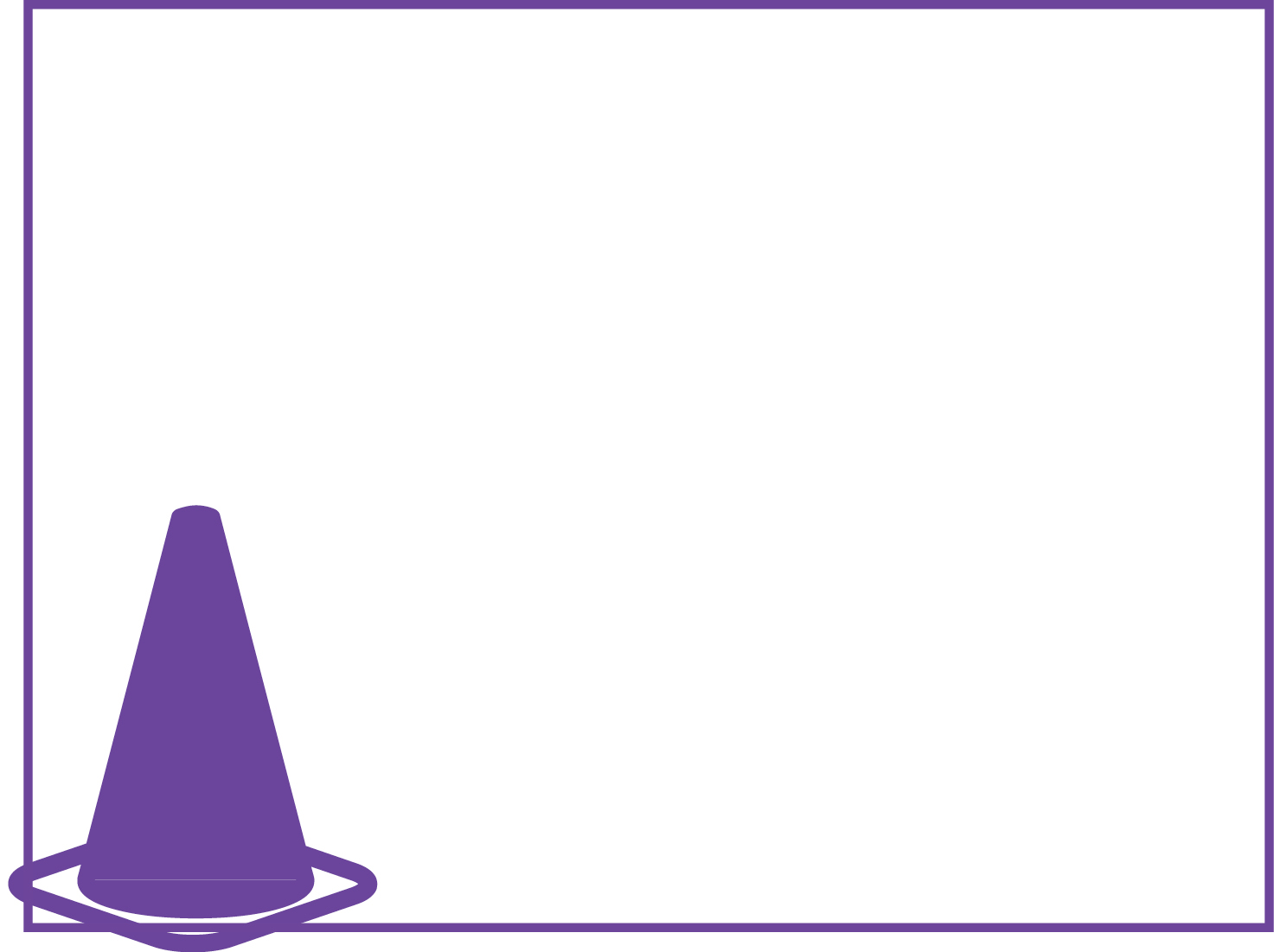


Muscular Fitness



**JUMP**

**LUNGES**



**SQUAT + TURNING KICK**

Skill-Related Fitness