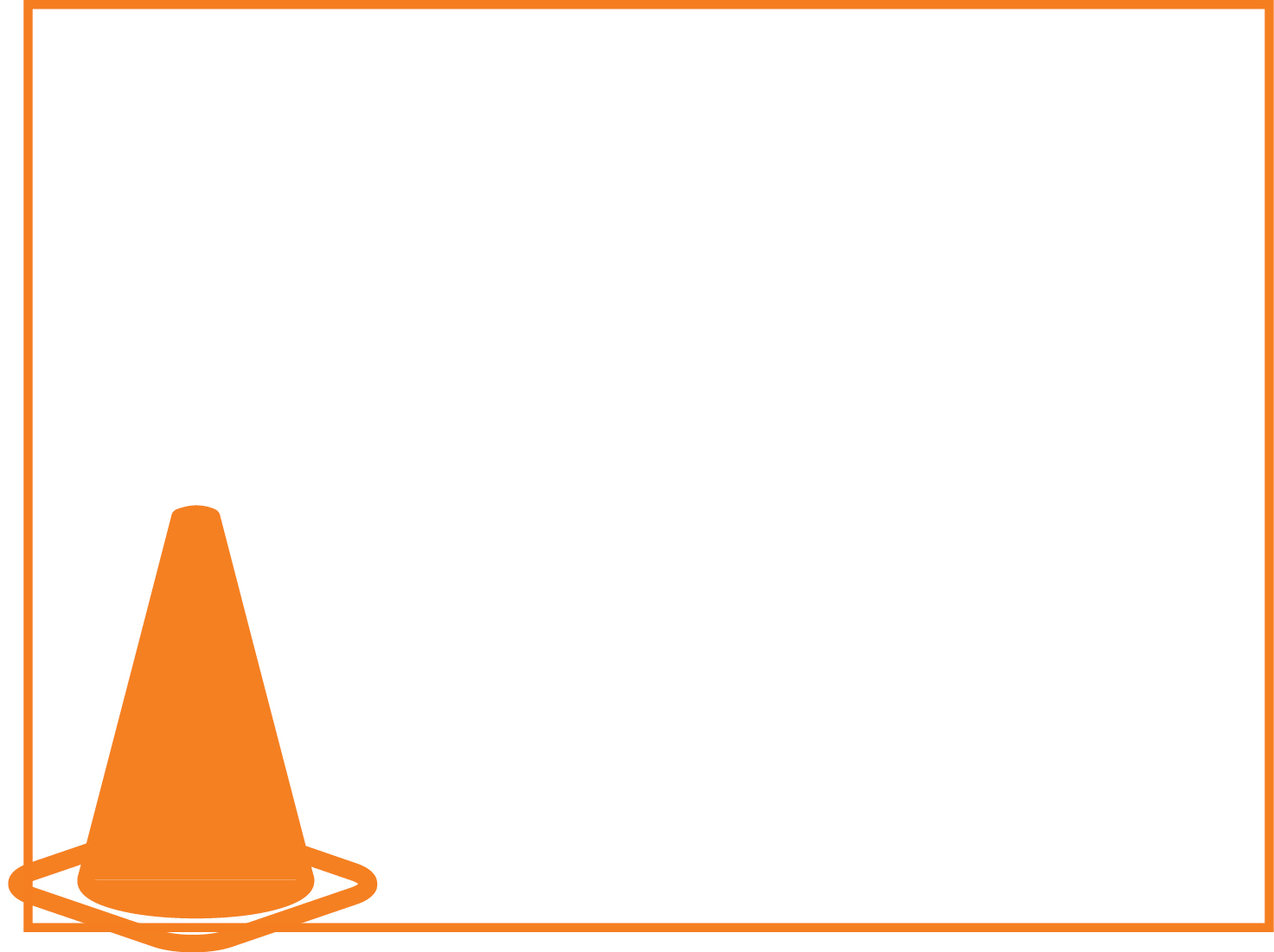


Cardiorespiratory Endurance



**SEAL**

**JACKS**

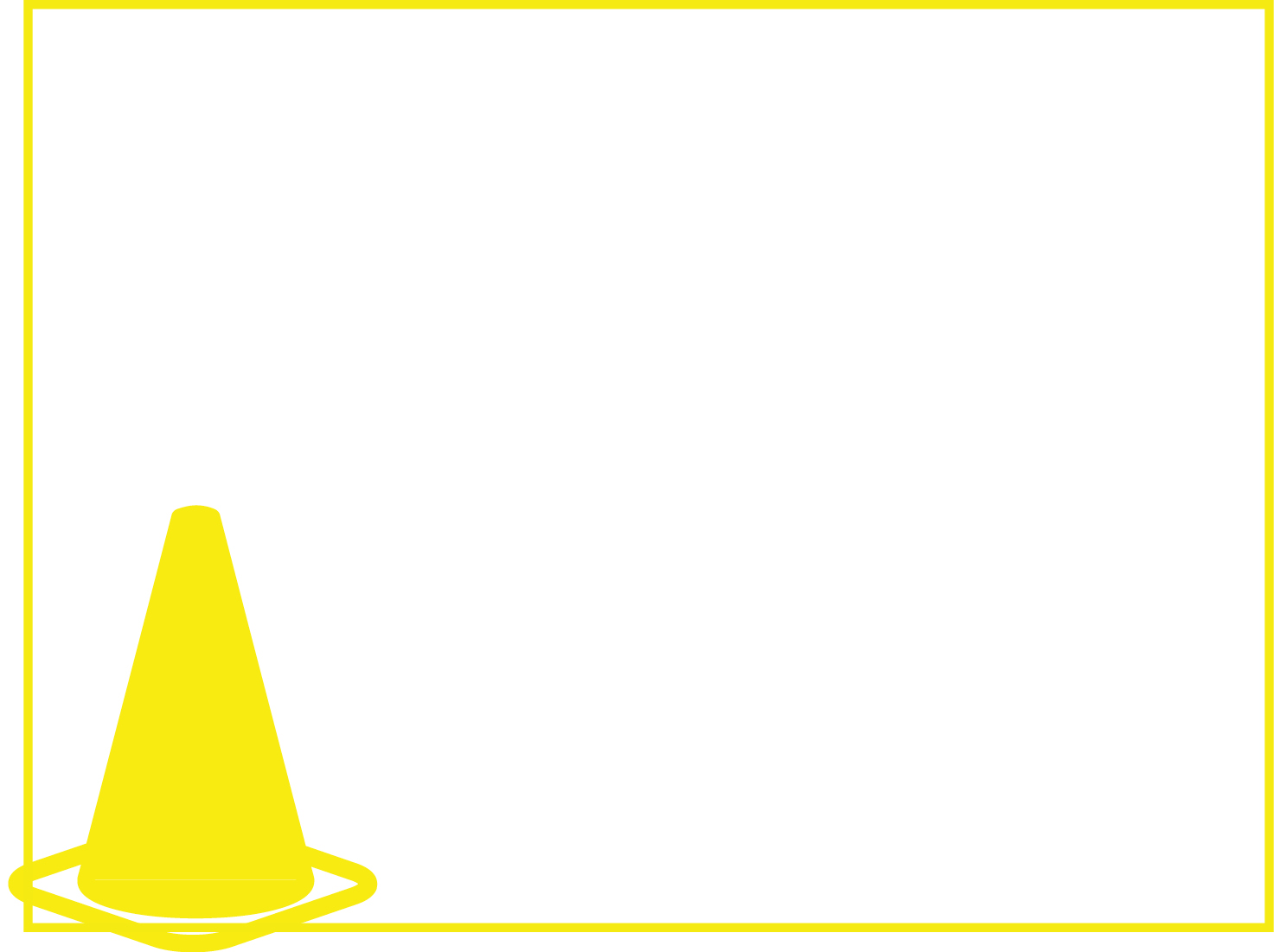


Muscular Fitness



**THIGH**

**TAPS**

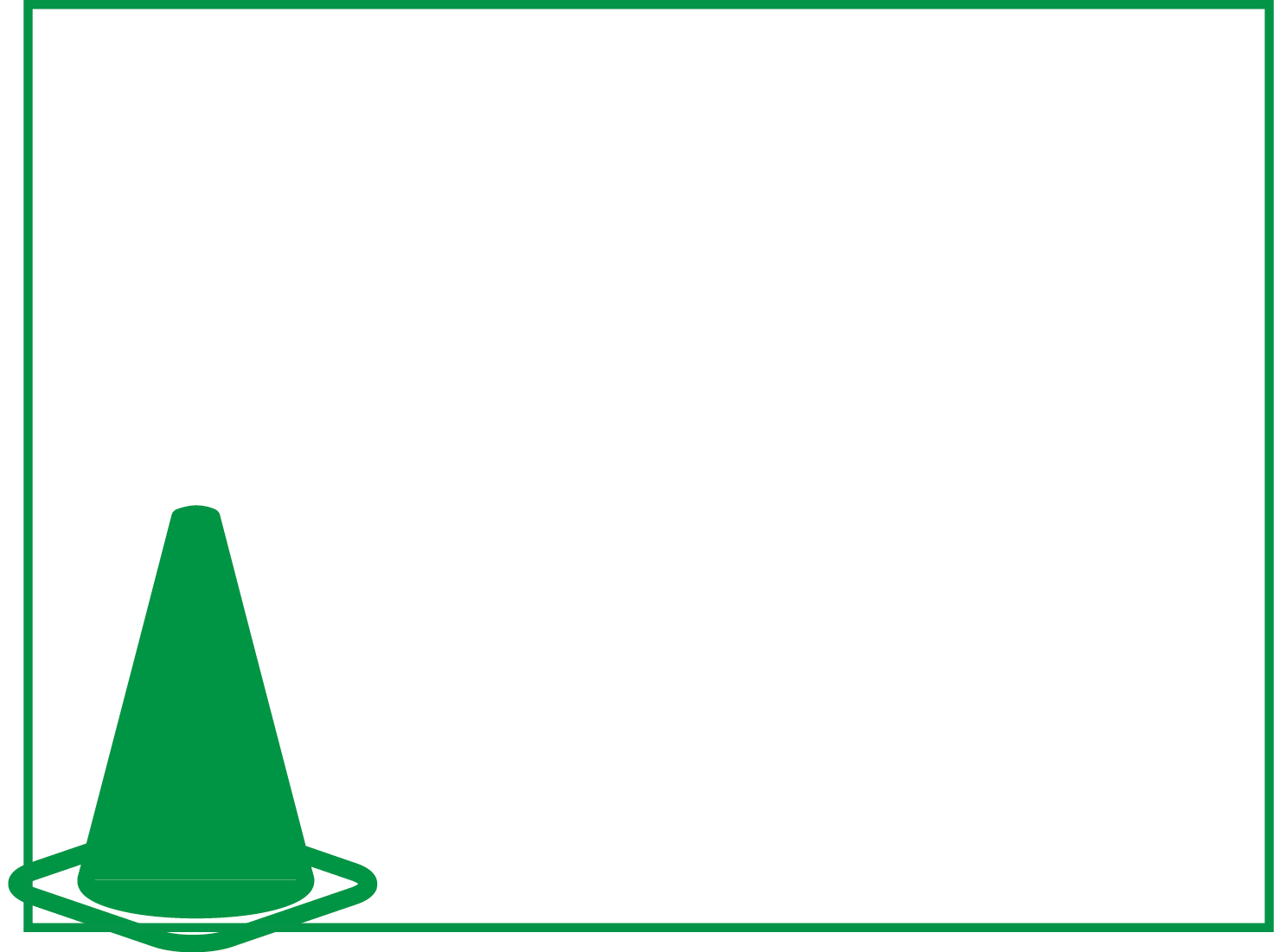


Skill-Related Fitness



**FLOW**

**STEPS**

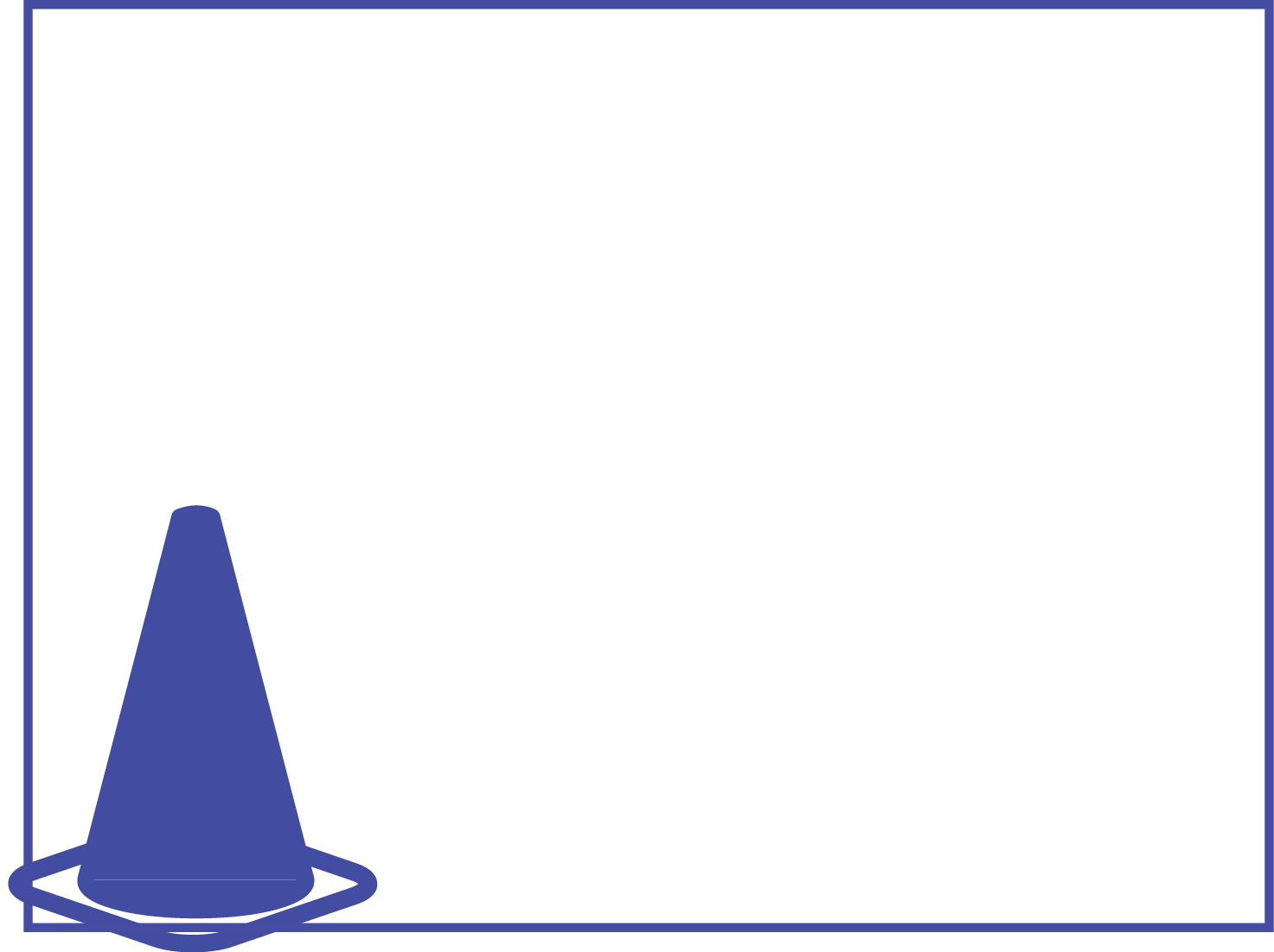


Cardiorespiratory Endurance



**BURPEE**

**PUSH-UP**

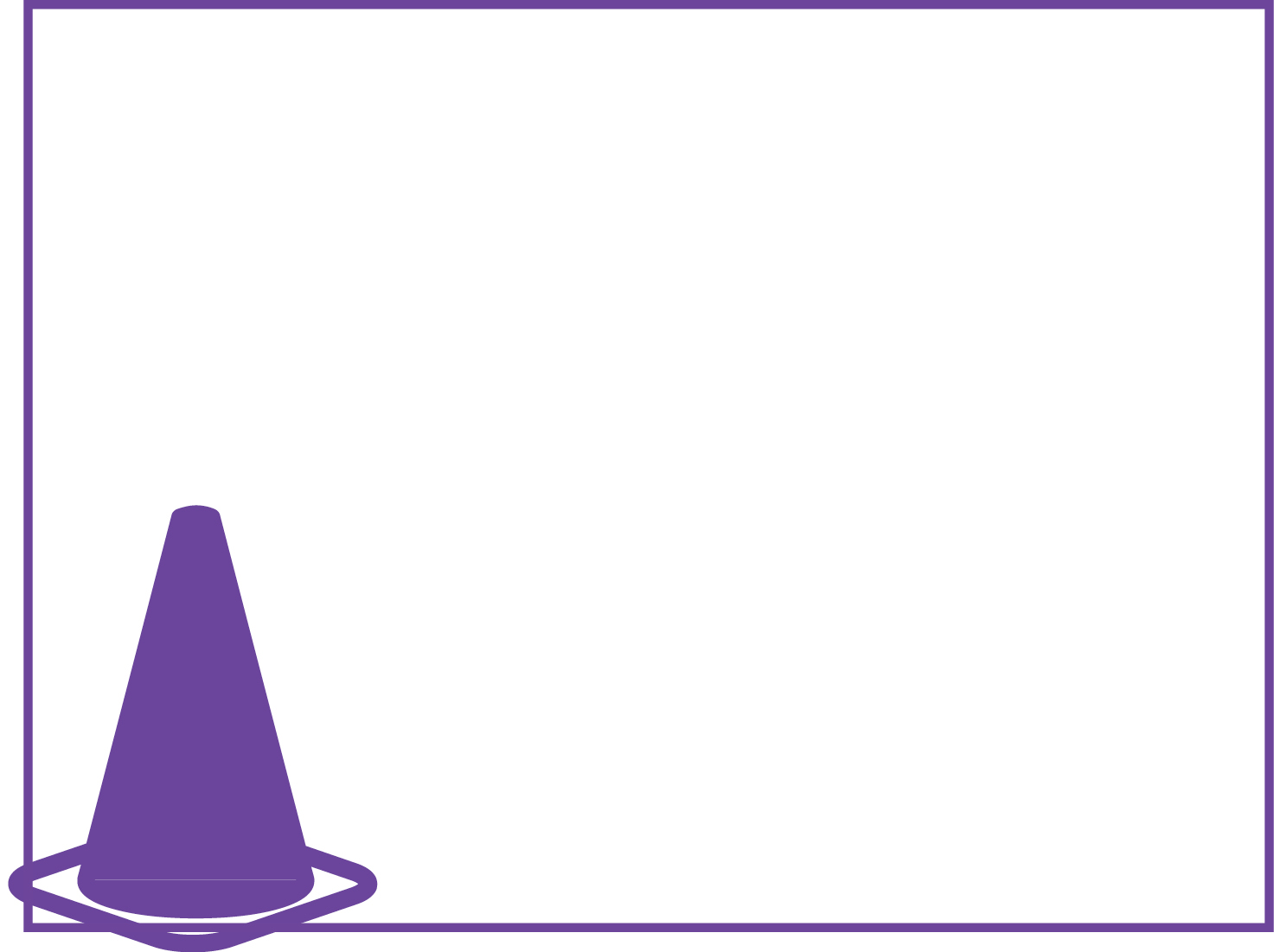


Muscular Fitness



**PLANK INTO**

**LUNGE**



**TRIPLE PUNCH + DOUBLE TURN KICK**

Skill-Related Fitness