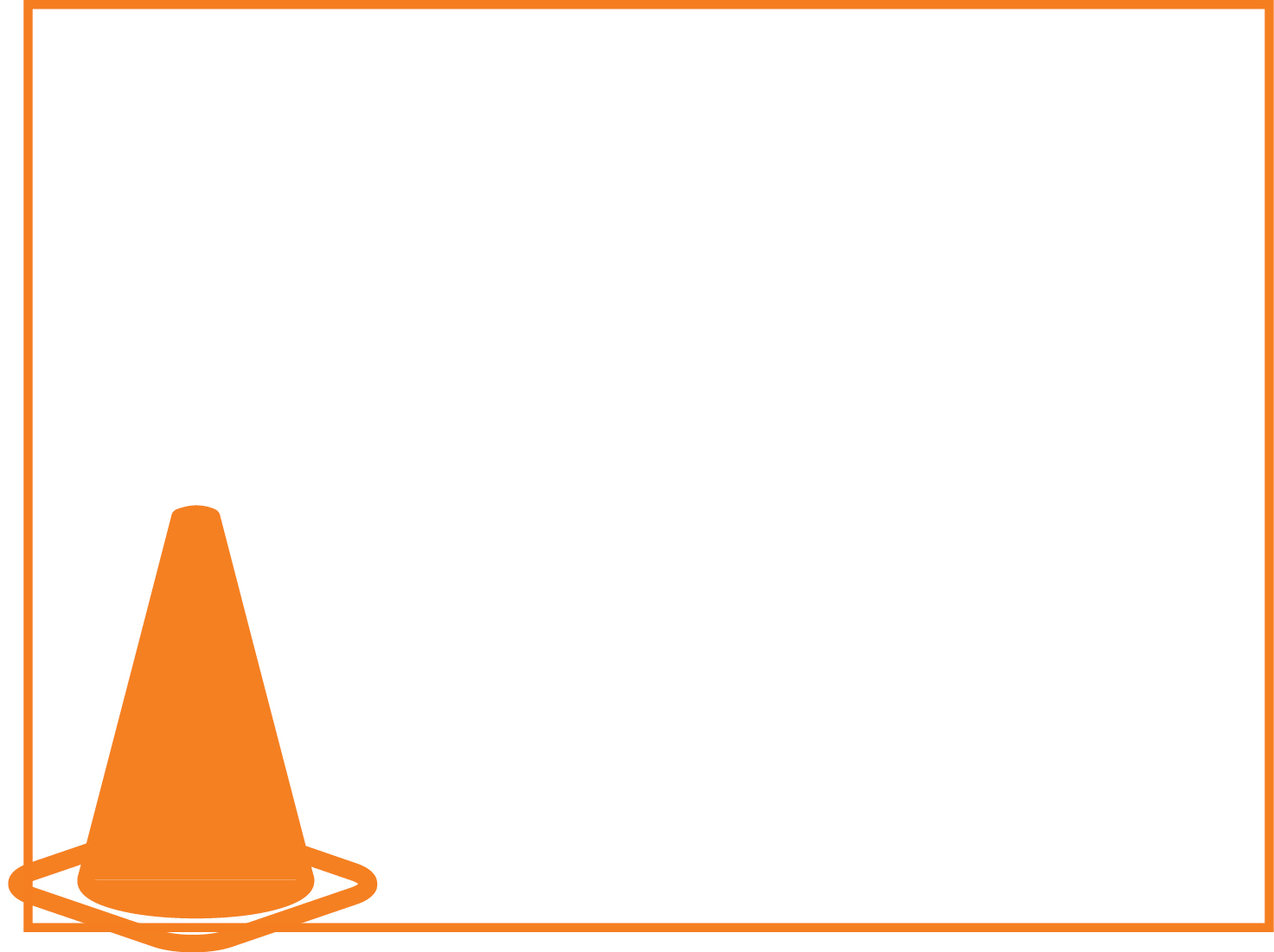




Cardiorespiratory Endurance

**JUMPING**

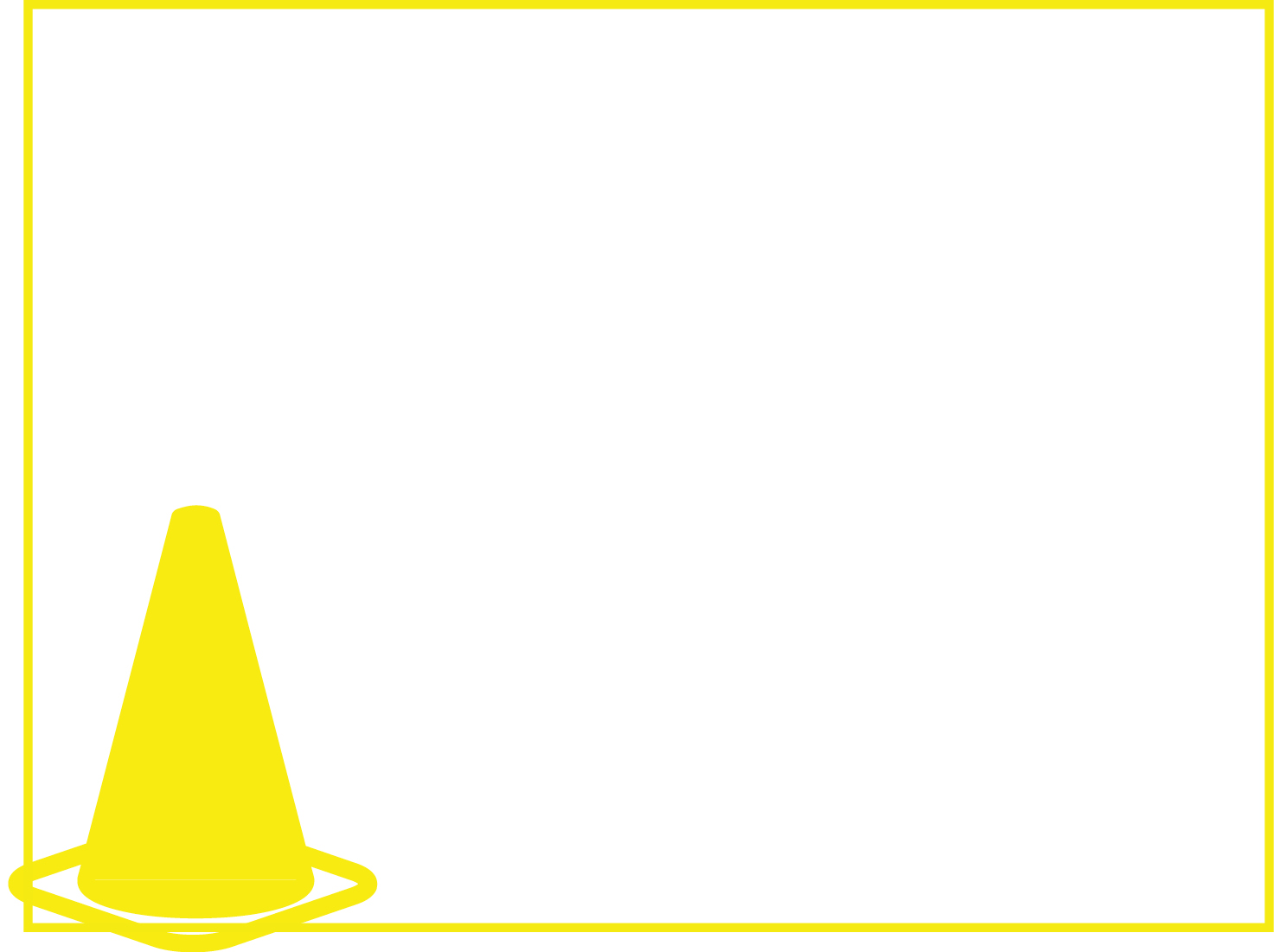
**JACKS**





**PUSH-UPS**

Muscular Fitness

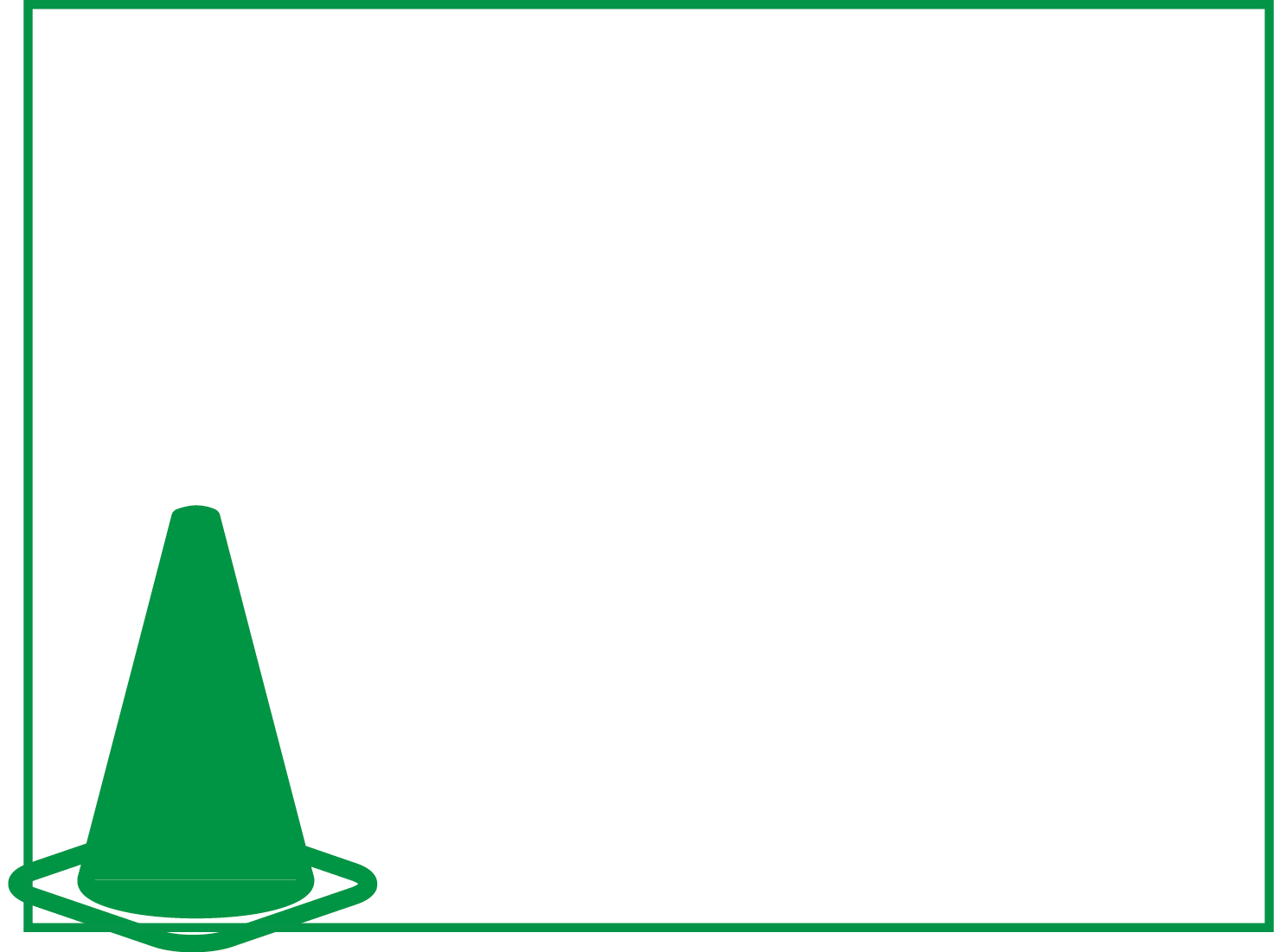


**SIDE STAR**

**PLANKS**



Skill-Related Fitness

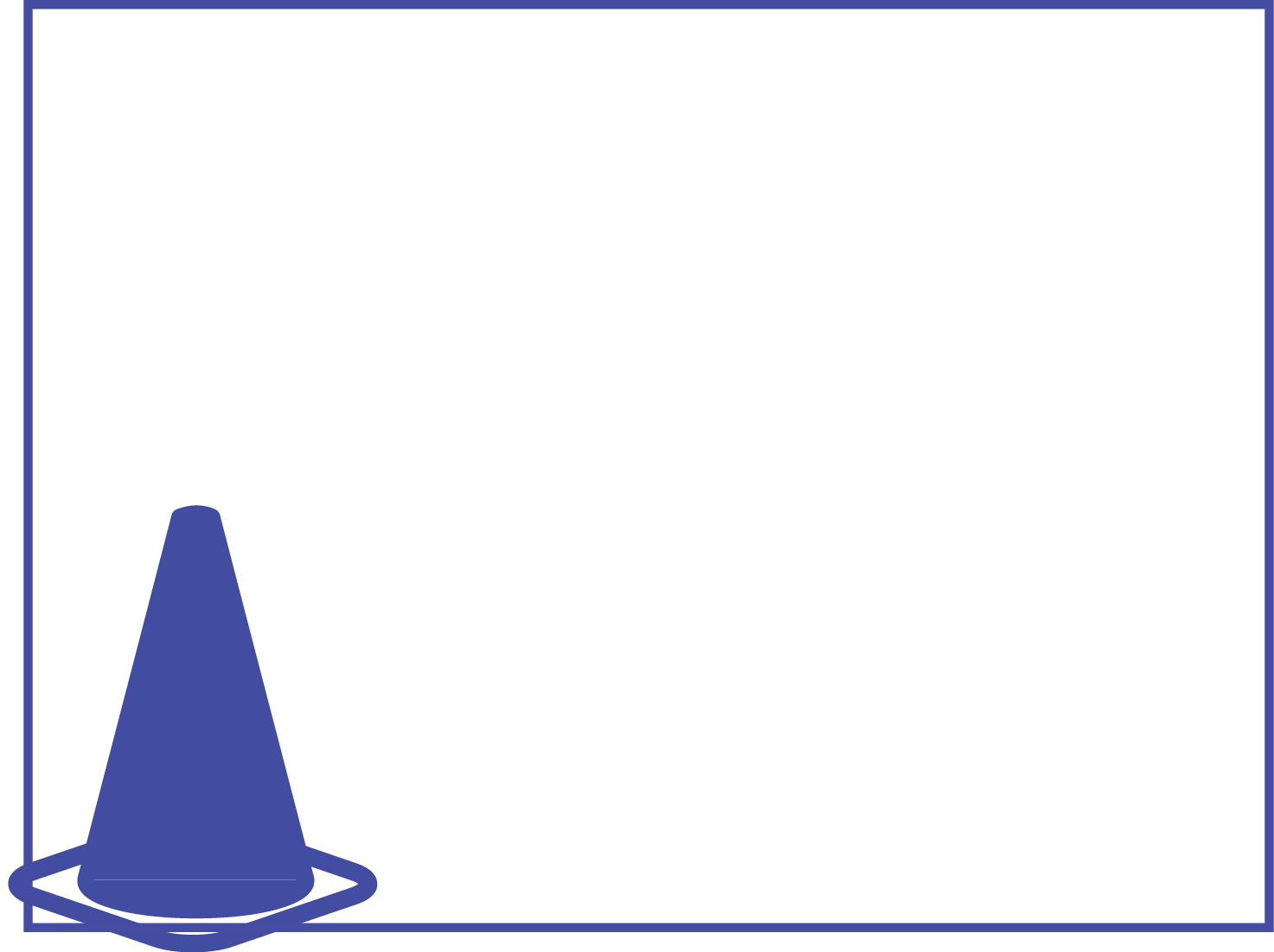




Cardiorespiratory Endurance

**STRAIGHT**

**PUNCHES**

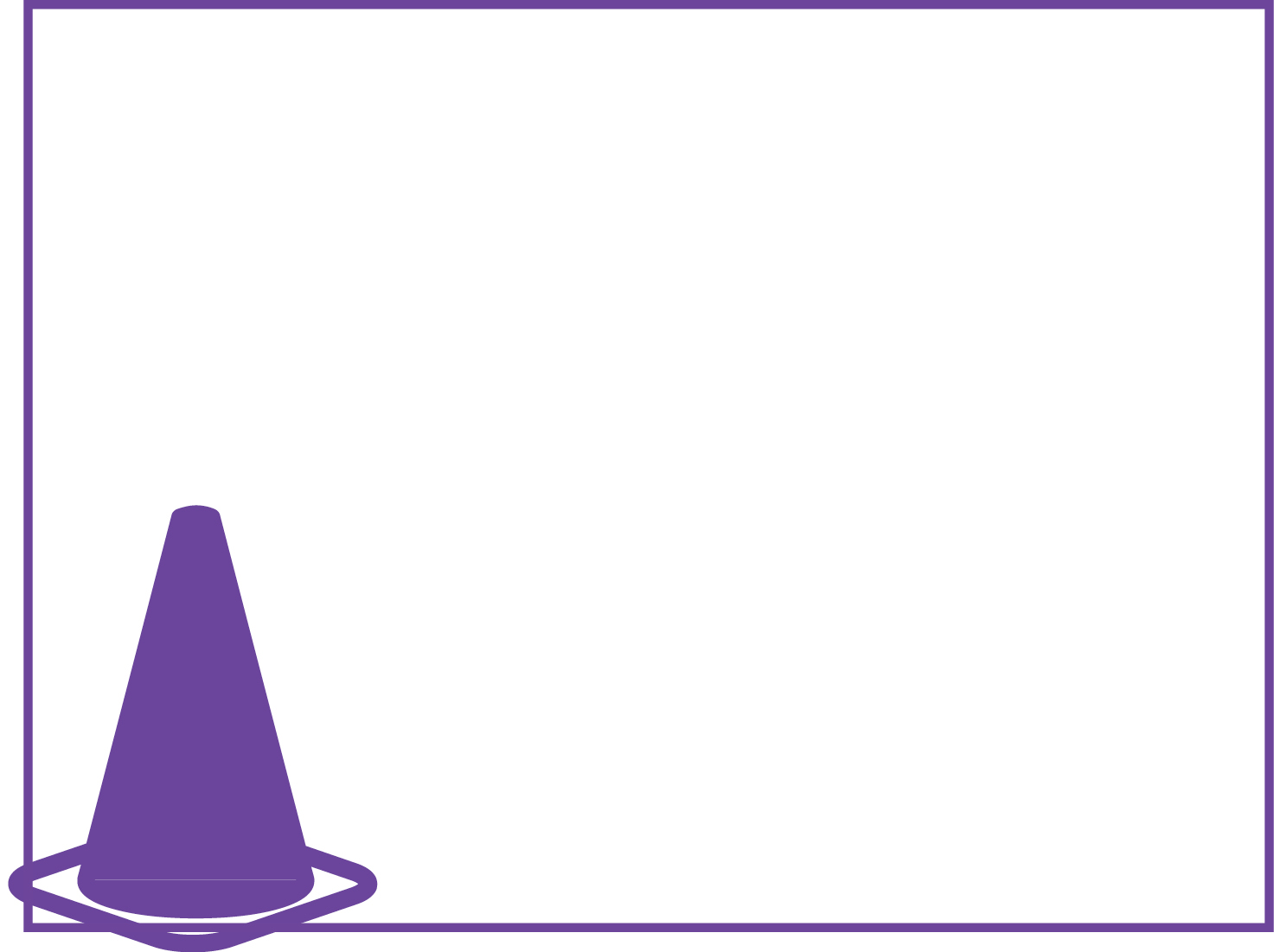




Muscular Fitness

**KNEE-ELBOW**

**CRUNCHES**



Skill-Related Fitness

**PLANK ARM**

**RAISES**