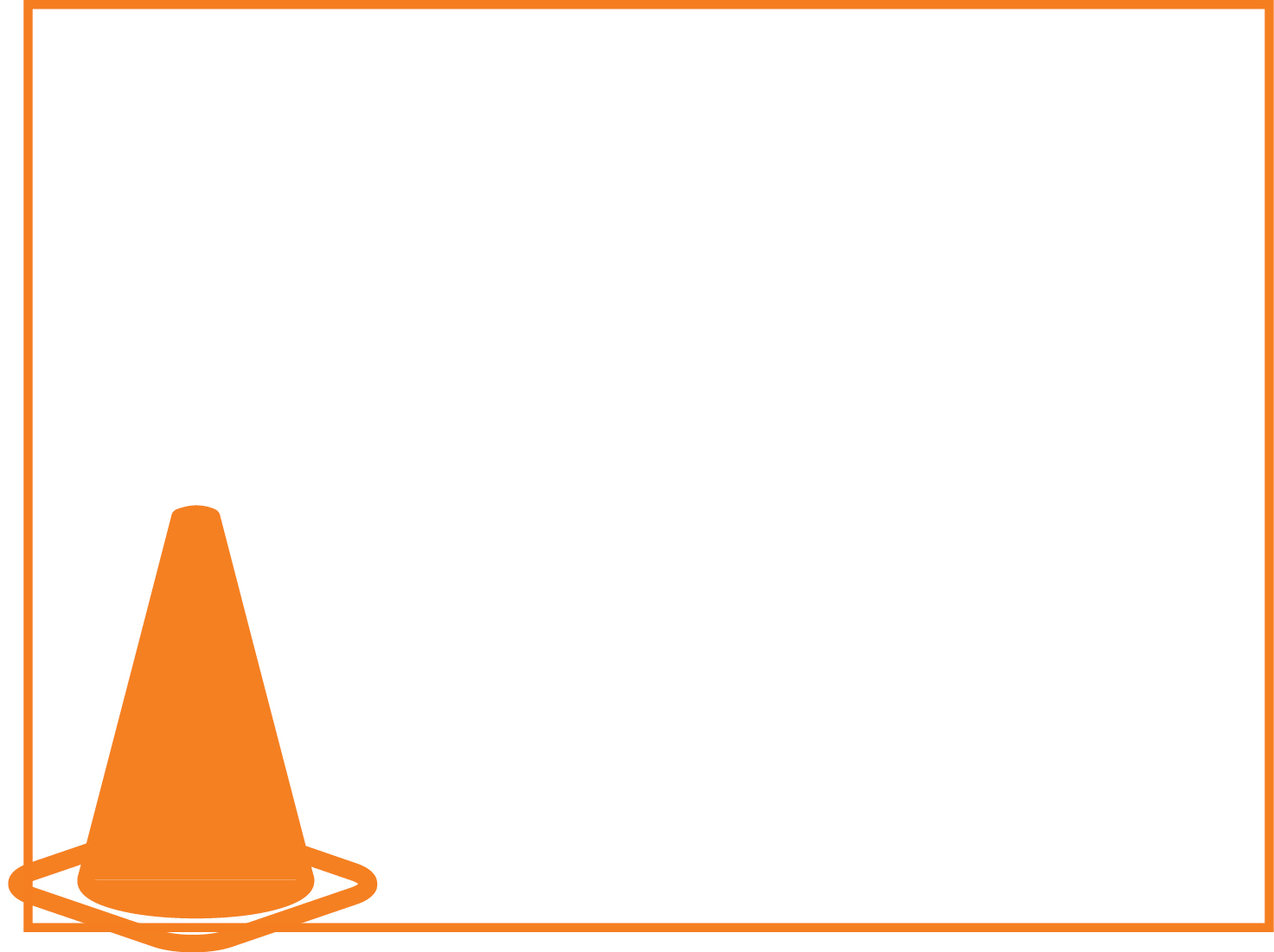


**HIGH**

**KNEES**

Cardiorespiratory Endurance

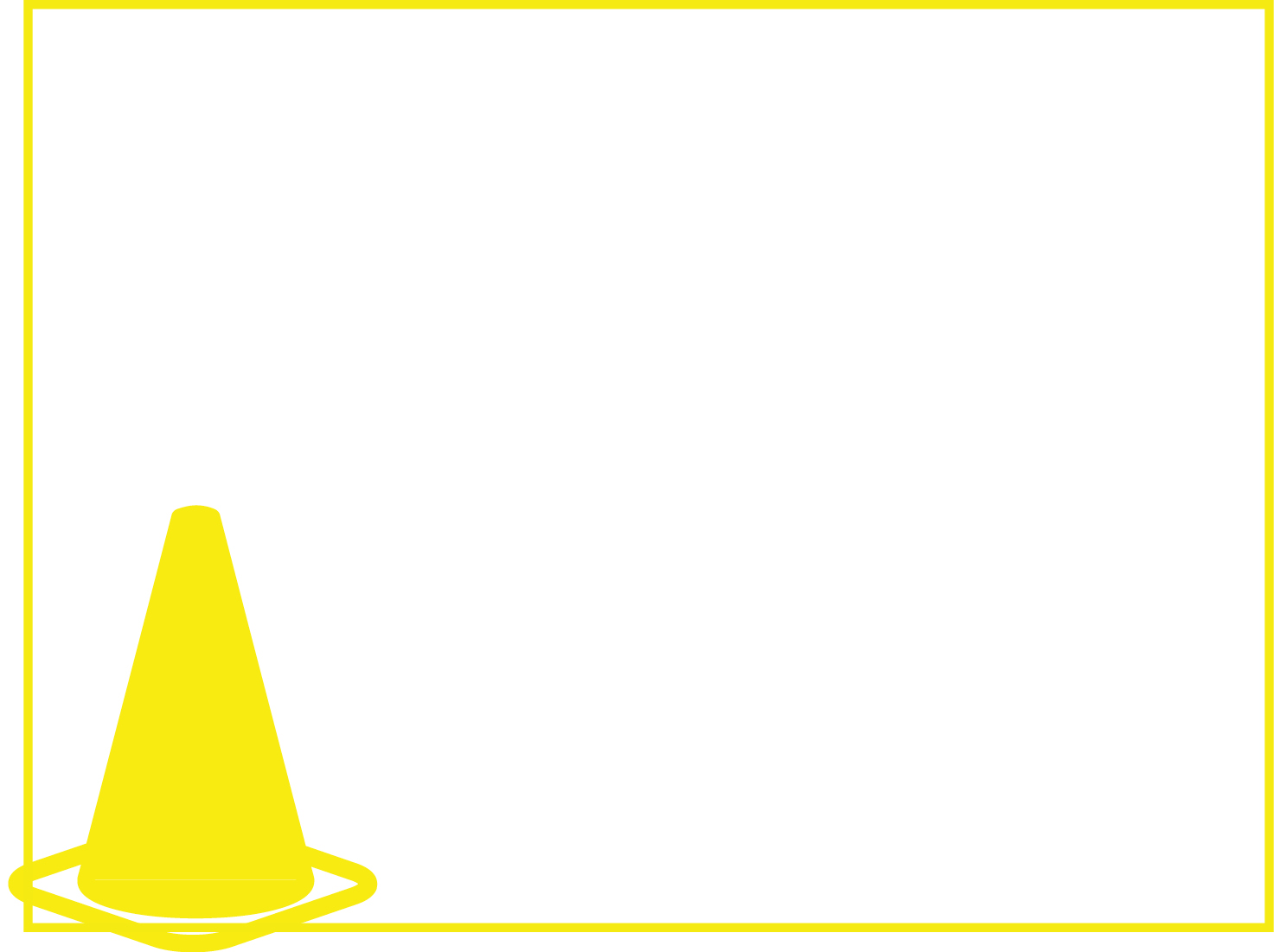




**LUNGES**

Muscular Fitness



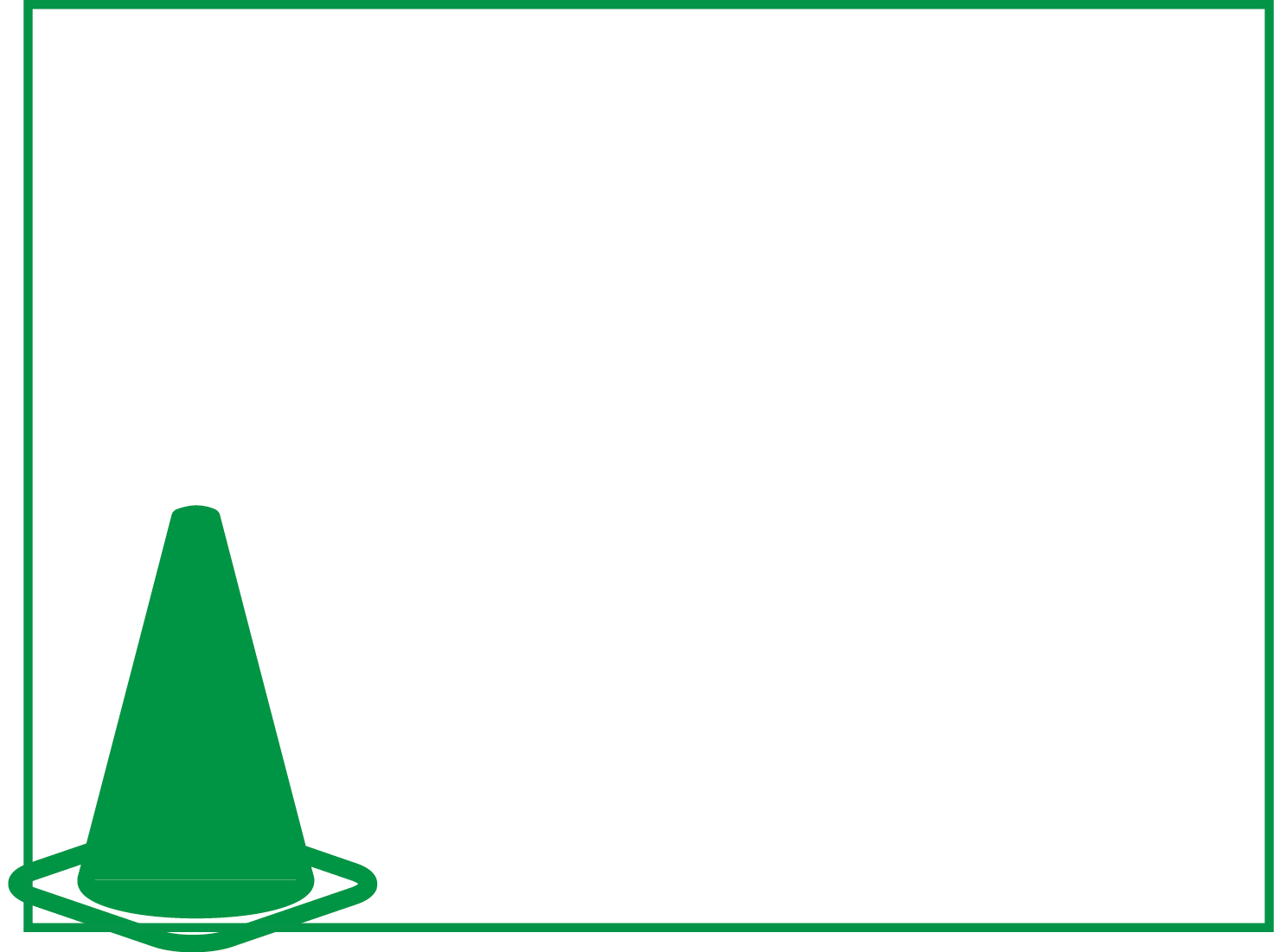


**JUMP**

**KNEE-TUCKS**

Skill-Related Fitness



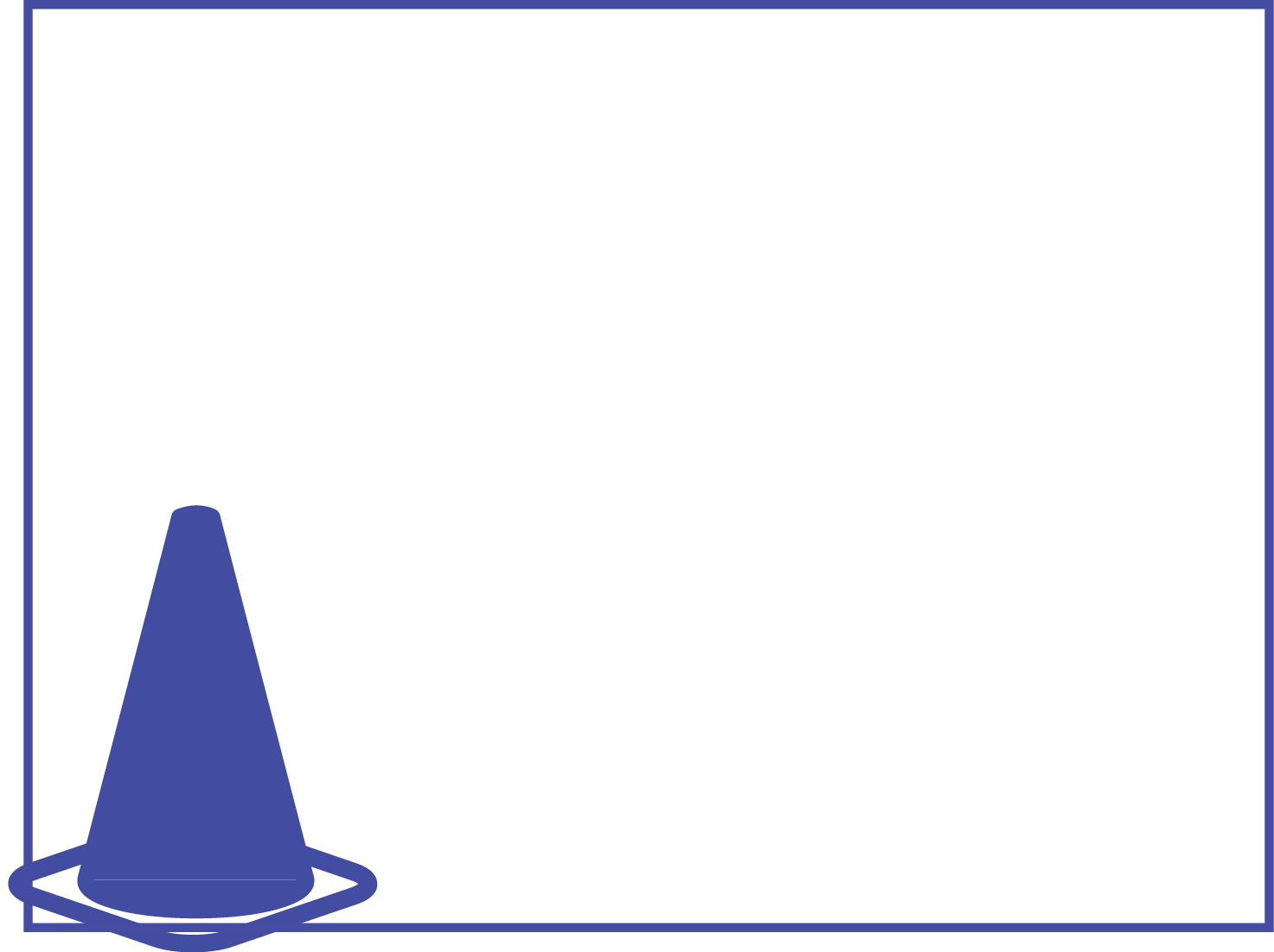


Cardiorespiratory Endurance



**BUTT**

**KICKS**

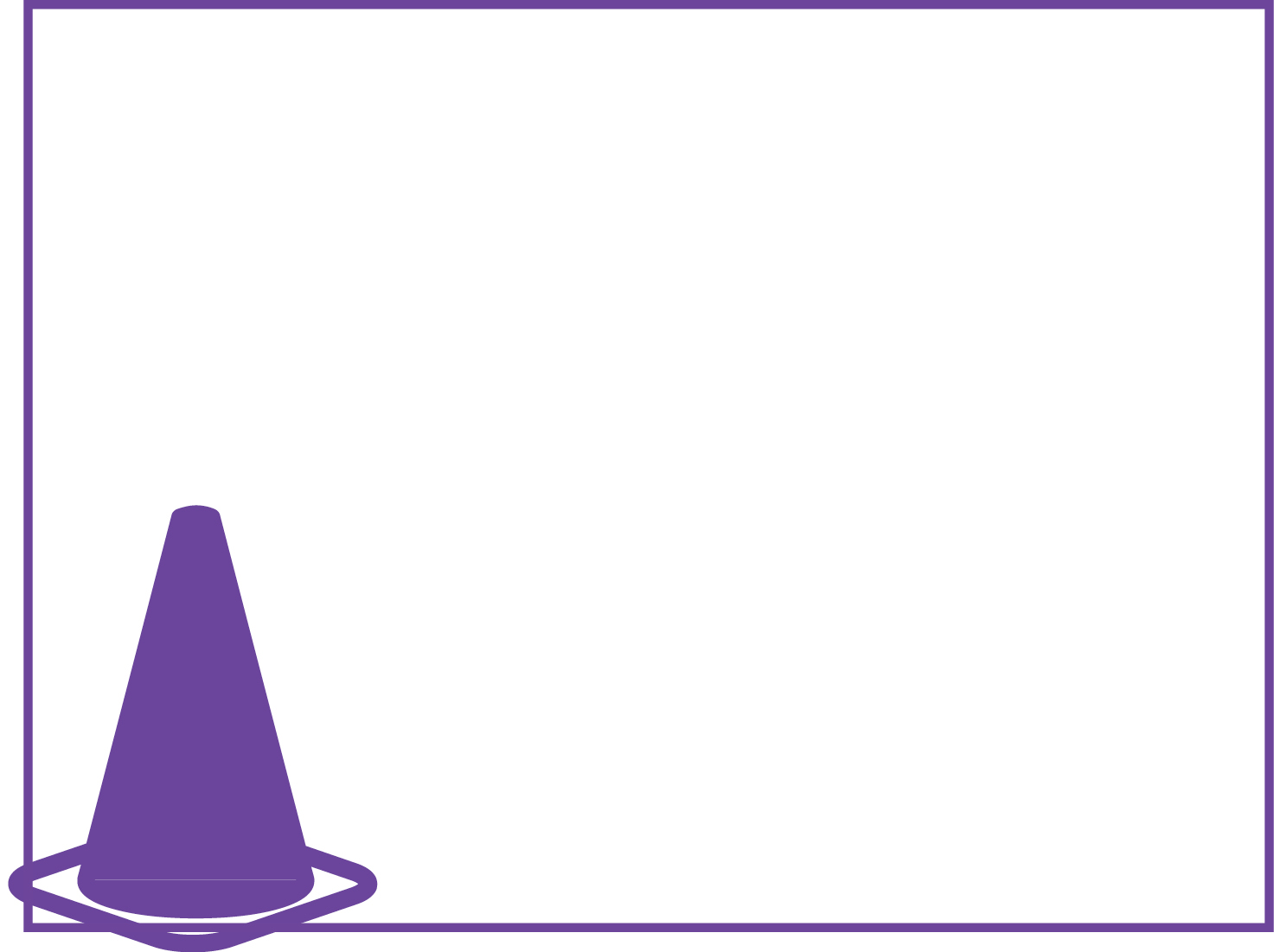


Muscular Fitness



**SUMO**

**SQUATS**



**BALANCE BACK KICK**

Skill-Related Fitness