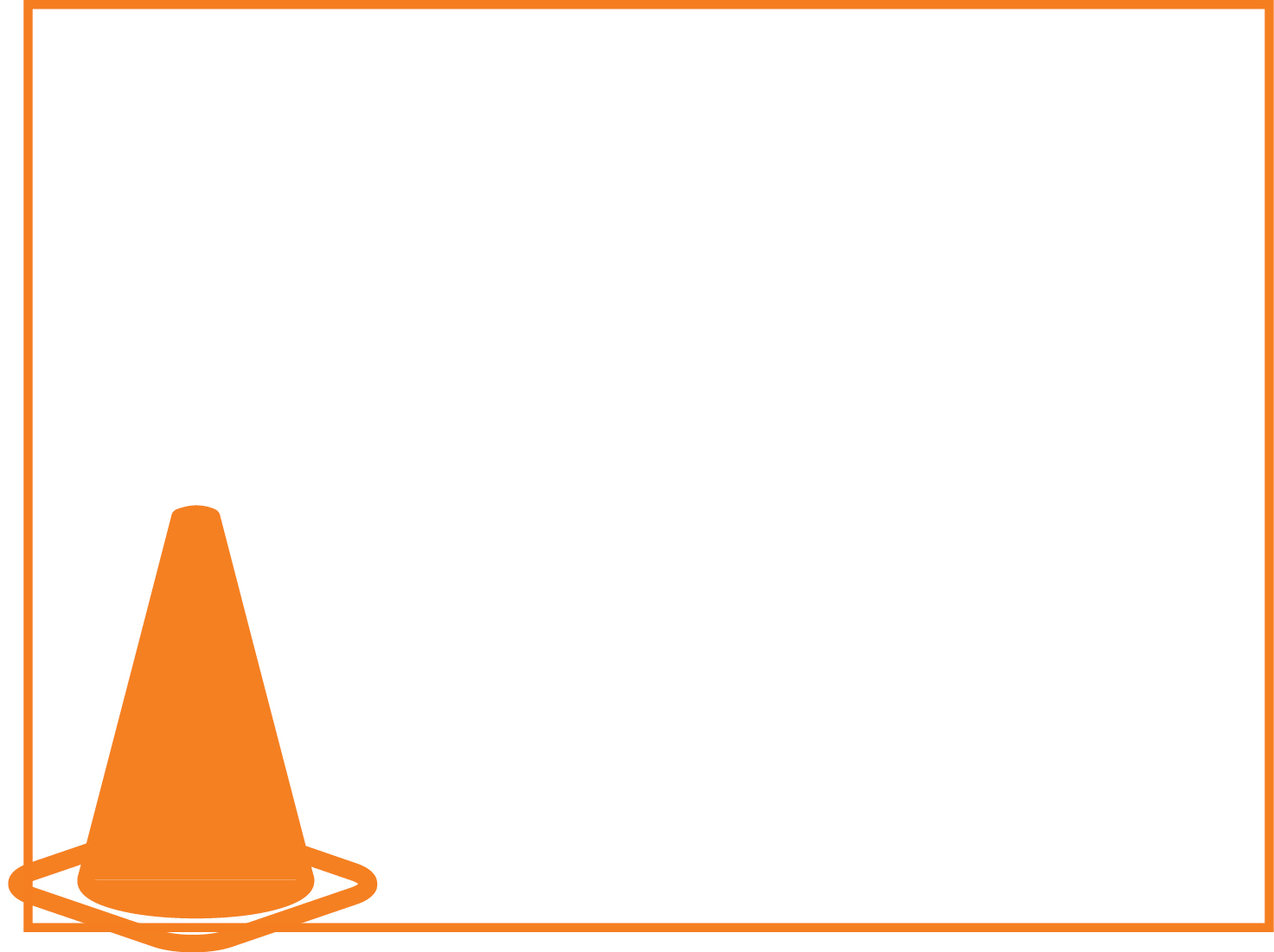


**BURPEES**

Cardiorespiratory Endurance



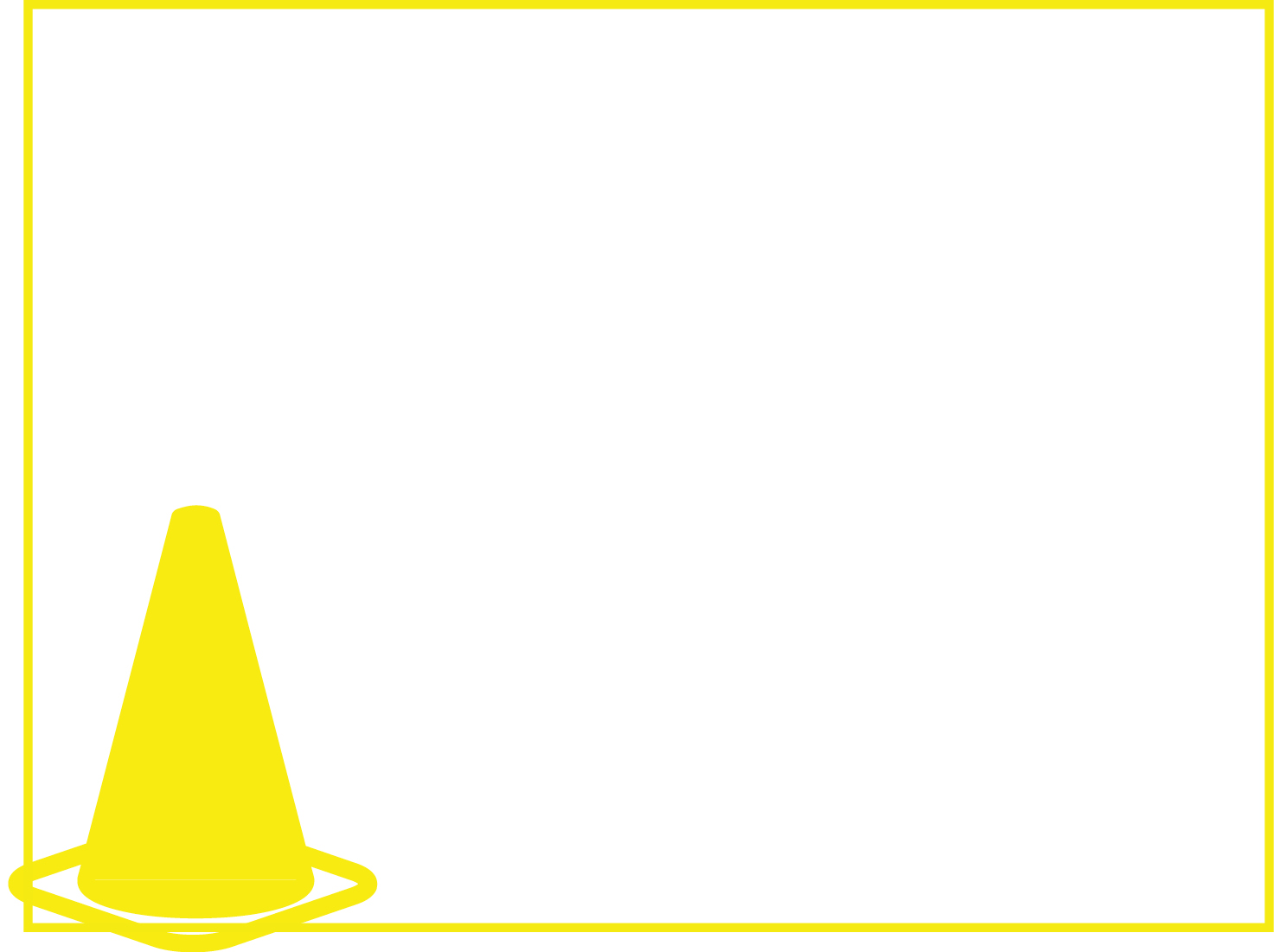


Muscular Fitness



**PLANK**

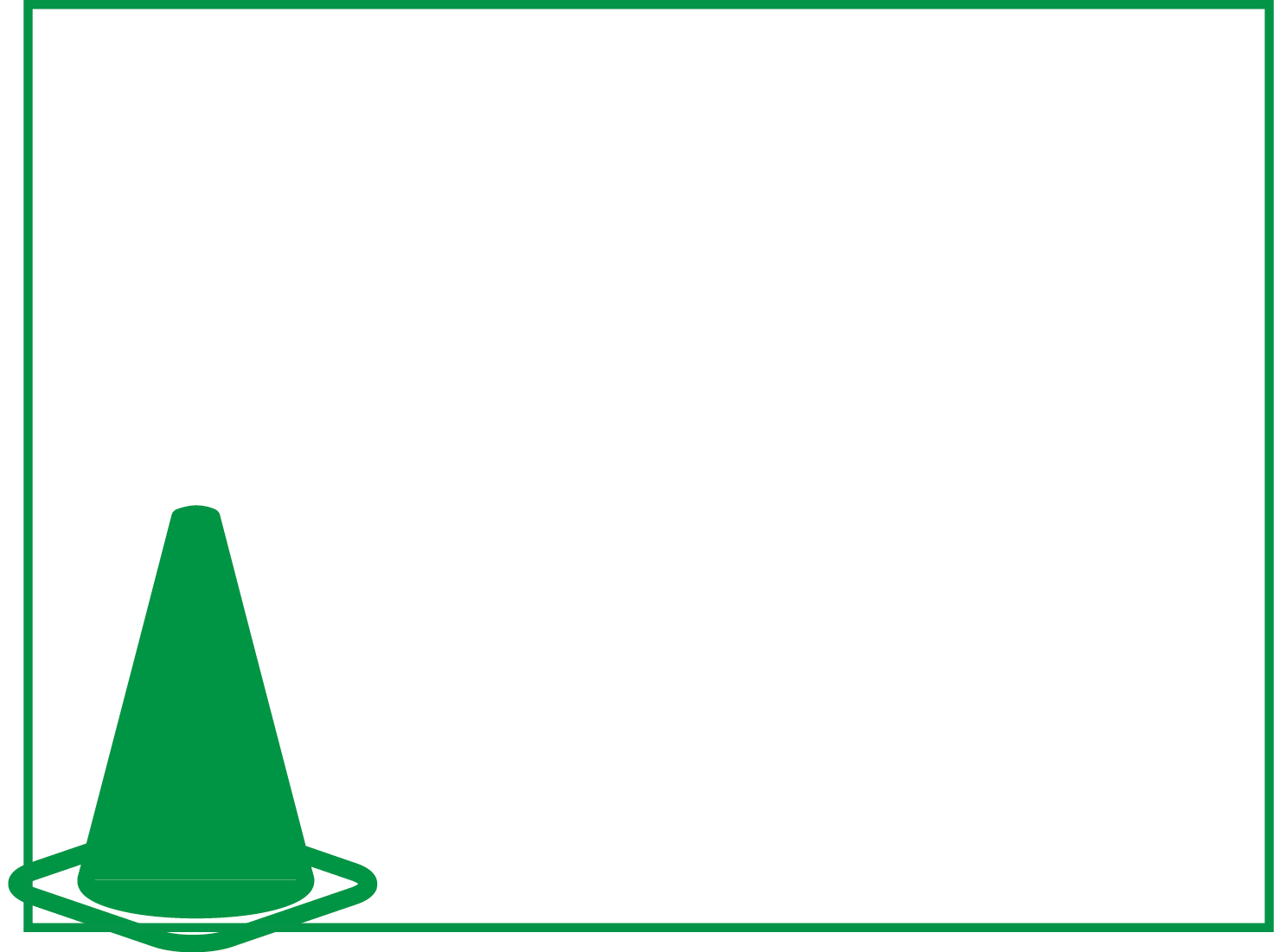
**PUNCHES**



**JUMPS**

Skill-Related Fitness

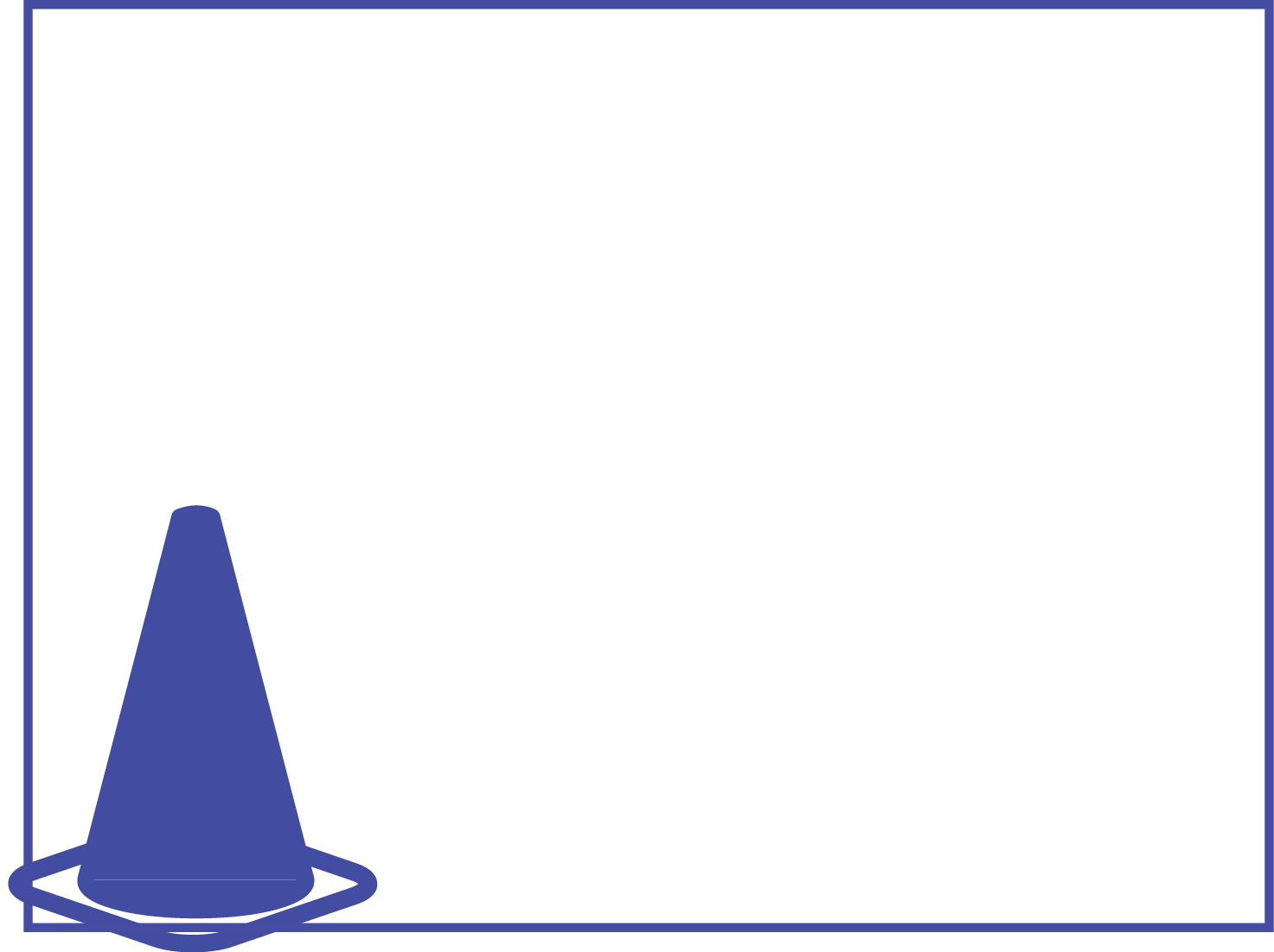




**CLIMBERS**

Cardiorespiratory Endurance

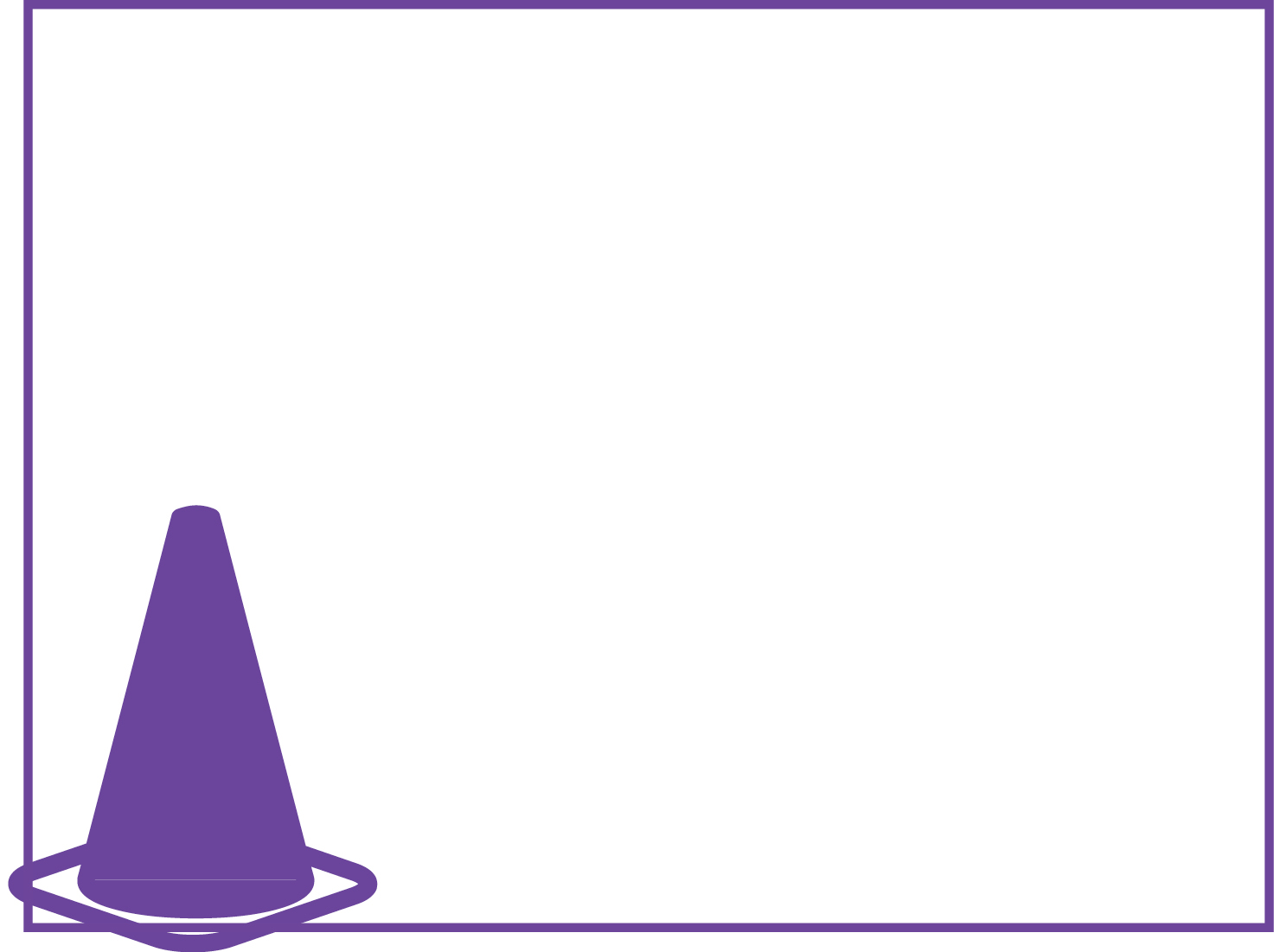




**SUPERMANS**

Muscular Fitness





**BEAR**

**CRAWLS**

Skill-Related Fitness