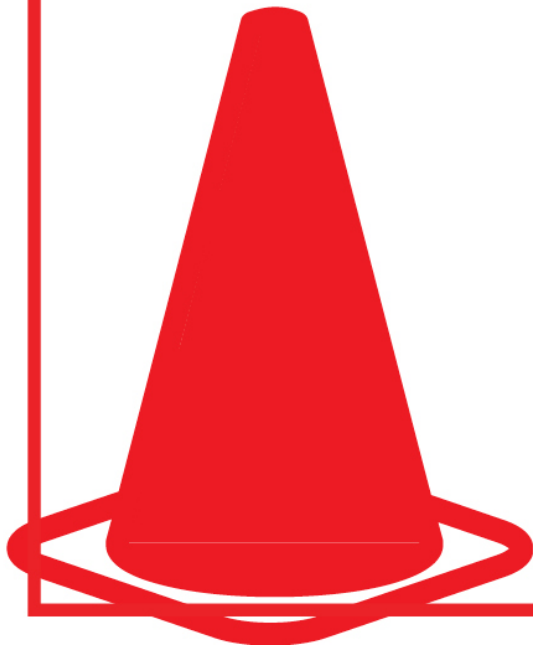
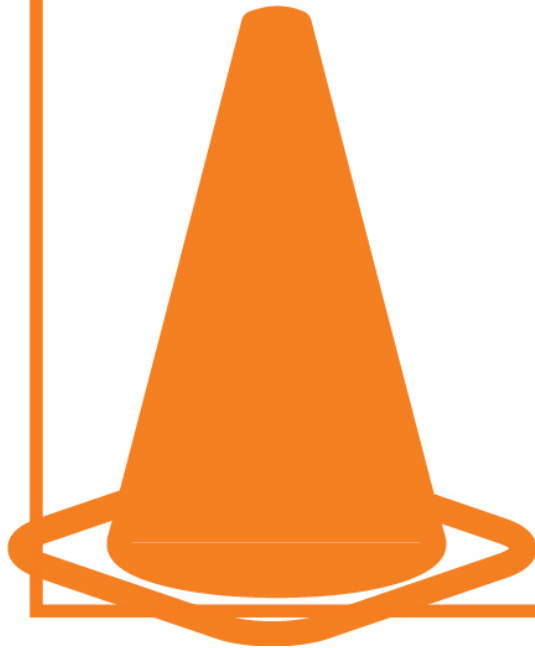


BURPEES



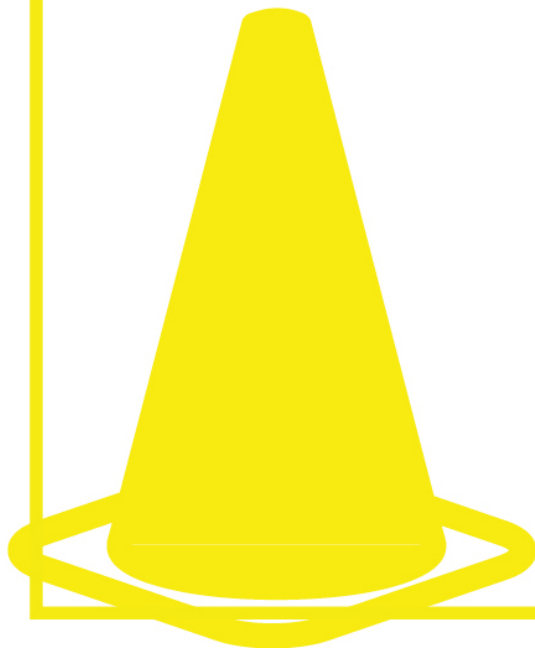
Cardiorespiratory Endurance

PLANK PUNCHES



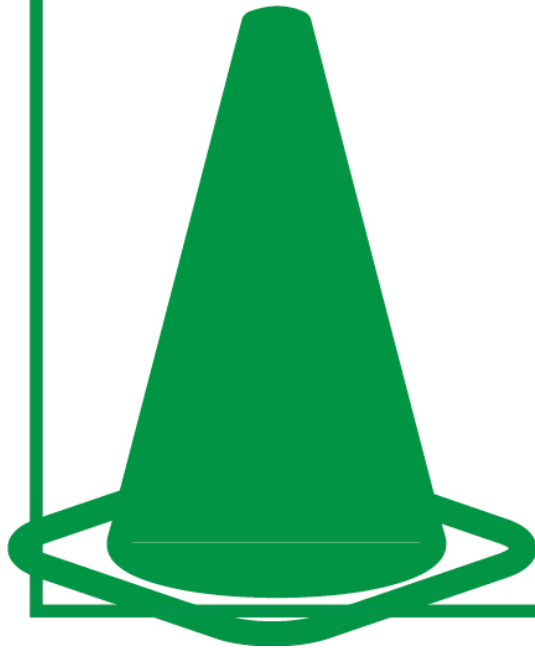
Muscular Fitness

JUMPS



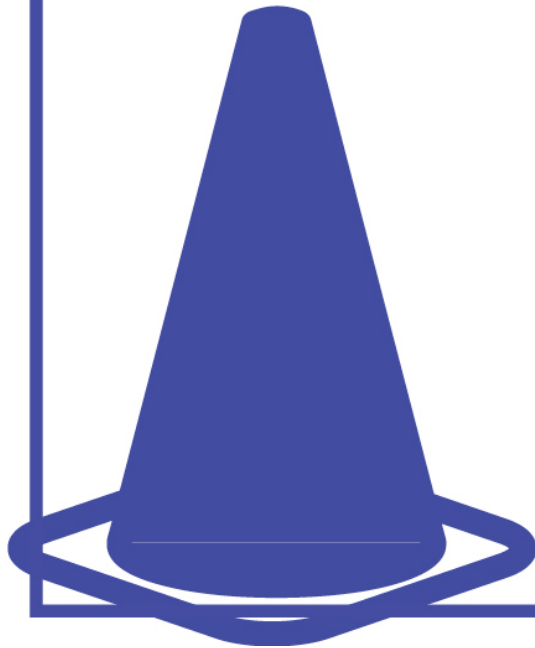
Skill-Related Fitness

CLIMBERS



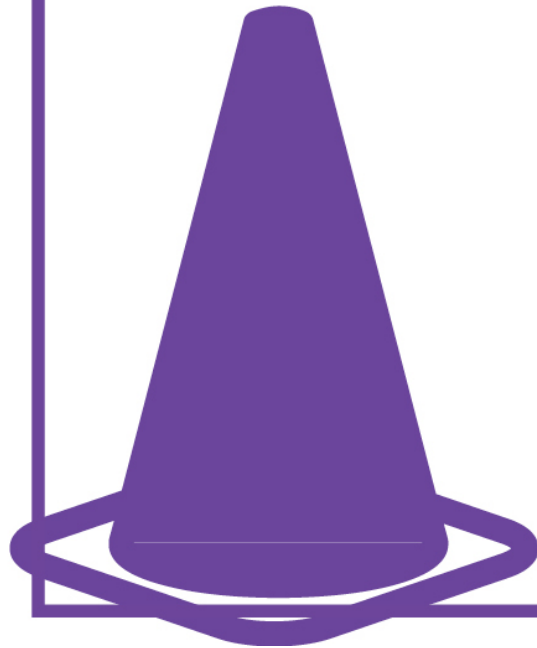
Cardiorespiratory Endurance

SUPERMANS



Muscular Fitness

BEAR CRAWLS



Skill-Related Fitness