Write an exercise in each column. Be sure the exercises match the fitness category for each cone.

Names:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Cardiorespiratory Endurance** | **Muscular**  **Fitness** | **Skill-Related Fitness** | **Cardiorespiratory Endurance** | **Muscular**  **Fitness** | **Skill-Related Fitness** |
|  |  |  |  |  |  |