**One and Done:** Health-Related Fitness Card 1

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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Half-Jack Med-Ball Squeeze** [Medicine Ball] | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Biceps Curl** [Medicine Ball] | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Half-Jack Med-Ball High** [Medicine Ball] | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **Triceps Extension** [Medicine Ball] | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Half-Jack Med-Ball Squeeze** [Medicine Ball] | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **Med-Ball Oblique Twist** [Medicine Ball] | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Half-Jack Med-Ball High** [Medicine Ball] | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Walking Lunge** [Medicine Ball] | **3:30** |
|  | **Rest 10 Seconds** |  |

**One and Done**: Health-Related Fitness Card 2

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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **Decline Planks** [Fitness Ball] | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **Wall-Ball Squat** [Fitness Ball] | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **Straight Crunch** [Fitness Ball] | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **High-Ball Squat** [Fitness Ball] | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Twist Crunch** [Fitness Ball] | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **T-Raises** [Fitness Ball] | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Incline Planks** [Fitness Ball] | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Y-Raises** [Fitness Ball] | **3:30** |
|  | **Rest 10 Seconds** |  |

**One and Done:** Skill-Related Fitness Card 1

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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **High Knees Straight Through** [Agility Ladder] | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **In-Out Jumps** [Agility Ladder] | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **In-Out Toe Touches** [Agility Ladder] | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **2-Foot Lateral Run** [Agility Ladder] | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Jumping Jacks** [Agility Ladder] | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **90-Degree Jump Turns (Clockwise)** [Agility Ladder] | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **90-Degree Jump Turns (Counter-Clockwise)** [Agility Ladder] | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Hop Scotch In-Outs** [Agility Ladder] | **3:30** |
|  | **Rest 10 Seconds** |  |

**One and Done:** Skill-Related Fitness Card 2

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| **Set #** | **Exercise Name** | **Interval Start** |
| **1** | **One-Legged Marching Pose (Right)** | **0:00** |
|  | **Rest 10 Seconds** |  |
| **2** | **One-Legged Marching Pose (Left)** | **0:30** |
|  | **Rest 10 Seconds** |  |
| **3** | **One-Legged Clock with Arms (Right)** | **1:00** |
|  | **Rest 10 Seconds** |  |
| **4** | **One-Legged Clock with Arms (Left)** | **1:30** |
|  | **Rest 10 Seconds** |  |
| **5** | **Power Man Vertical Jumps** | **2:00** |
|  | **Rest 10 Seconds** |  |
| **6** | **180-Degree 2-Foot Jump Turns** | **2:30** |
|  | **Rest 10 Seconds** |  |
| **7** | **Stationary Skips** | **3:00** |
|  | **Rest 10 Seconds** |  |
| **8** | **Plank Scarf Tosses** | **3:30** |
|  | **Rest 10 Seconds** |  |