**JUST JUMPS**

**(20 Seconds)**

Health-Related Fitness

**AEROBIC CAPACITY**

**HALF JACKS**

**(20 Seconds)**

Health-Related Fitness

**AEROBIC CAPACITY**

**SEAL JACKS**

**(20 Seconds)**

Health-Related Fitness

**AEROBIC CAPACITY**

**MARCH JACKS**

**(20 Seconds)**

Health-Related Fitness

**AEROBIC CAPACITY**

**GET UPS**

**(20 Seconds)**

Health-Related Fitness

**FLEXIBILITY**

**PLANK**

**STEP OUTS**

**(20 Seconds)**

Health-Related Fitness

**FLEXIBILITY**

**FLY STEPS**

**(20 Seconds)**

Health-Related Fitness

**FLEXIBILITY**

**SIDE LEG RAISES**

**(20 Seconds)**

Health-Related Fitness

**FLEXIBILITY**

**SCISSOR ARMS**

**(20 Seconds)**

Health-Related Fitness

**MUSCULAR ENDURANCE**

**PLANK JACKS**

**(20 Seconds)**

Health-Related Fitness

**MUSCULAR ENDURANCE**

**UP & DOWN PLANKS**

**(20 Seconds)**

Health-Related Fitness

**MUSCULAR ENDURANCE**

**CLIMBERS**

**(20 Seconds)**

Health-Related Fitness

**MUSCULAR ENDURANCE**

**PUSH-UPS**

**(20 Seconds)**

Health-Related Fitness

**MUSCULAR STRENGTH**

**SQUATS**

**(20 Seconds)**

Health-Related Fitness

**MUSCULAR STRENGTH**

**LUNGES**

**(20 Seconds)**

Health-Related Fitness

**MUSCULAR STRENGTH**

**BURPEES**

**(20 Seconds)**

Health-Related Fitness

**MUSCULAR STRENGTH**

**T-JUMPS**

**FRONT-TO-BACK**

**(20 Seconds)**

Skill-Related Fitness

**AGILITY**

**T-JUMPS**

**SIDE-TO-SIDE**

**(20 Seconds)**

Skill-Related Fitness

**AGILITY**

**T-JUMPS**

**4 SQUARES**

**(20 Seconds)**

Skill-Related Fitness

**AGILITY**

**T-JUMPS**

**STEPOVERS**

**(20 Seconds)**

Skill-Related Fitness

**AGILITY**

**CHAIR POSE**

**(20 Seconds)**

Skill-Related Fitness

**BALANCE**

**TREE POSE**

**(20 Seconds)**

Skill-Related Fitness

**BALANCE**

**WARRIOR POSE**

**(20 Seconds)**

Skill-Related Fitness

**BALANCE**

**MOUNTAIN POSE**

**(20 Seconds)**

Skill-Related Fitness

**BALANCE**

**JUGGLE TOSS**

**(20 Seconds)**

Skill-Related Fitness

**COORDINATION**

**CROSS JACKS**

**(20 Seconds)**

Skill-Related Fitness

**COORDINATION**

**SCISSOR JUMPS**

**(20 Seconds)**

Skill-Related Fitness

**COORDINATION**

**WALL TOSS**

**(20 Seconds)**

Skill-Related Fitness

**COORDINATION**

**JUMP**

**KNEE-TUCKS**

**(20 Seconds)**

Skill-Related Fitness

**POWER**

**HOP HEEL CLICKS**

**(20 Seconds)**

Skill-Related Fitness

**POWER**

**HIGH SQUATS**

**(20 Seconds)**

Skill-Related Fitness

**POWER**

**SPRINTER LUNGES**

**(20 Seconds)**

Skill-Related Fitness

**POWER**