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
STEP OVERS
(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
BELIEVE IN YOU
FITNESS CIRCUIT CARDS

SPRINTER LUNGES
(20 Seconds)

Skill-Related Fitness
POWER