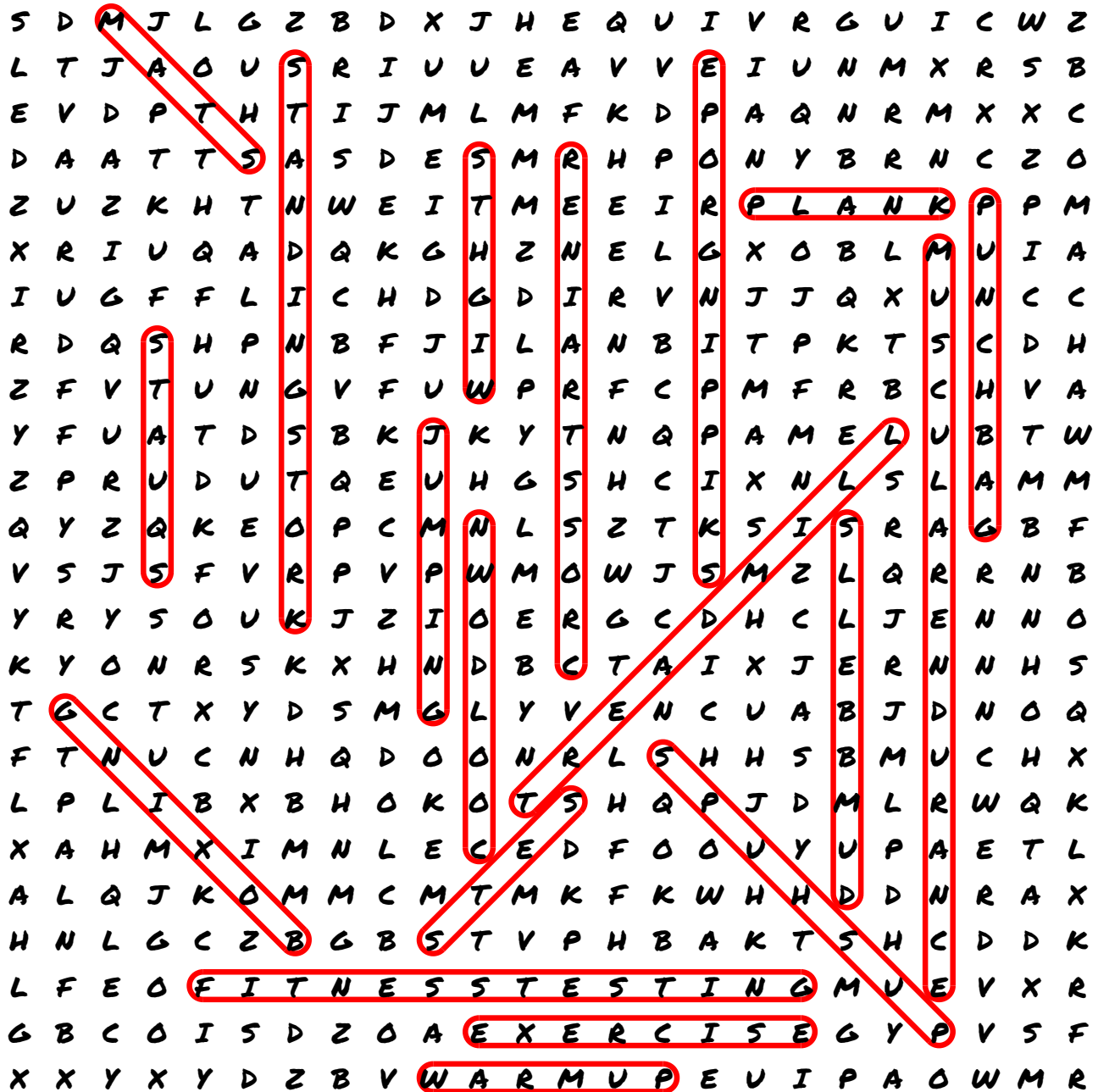


Name: _____

Date: _____

FITNESS



MUSCULAR ENDURANCE
SKIPPING ROPE
DUMBBELLS
PUSH UPS
WIGHTS
WARMUP
SETS

FITNESS TESTING
CROSS TRAINER
PUNCH BAG
COOLDOWN
BOXING
PLANK

STANDING STORK
TREADMILL
EXERCISE
JUMPING
SQUATS
MATS