Let's Get Fit!

Water
Healthy Diet
Standing Squats
Ice Skating
Hiking
Tennis
Baseball
Walking
Pacing
Pushups
Mountain Climbers
Stretch

Natural Foods
Ice Hockey
Dips
Rope Climbing
Skiling
Football
Basketball
Running
Jogging
Wall Squats
Butterflies

Leg Lifts
Floor Hockey
Curl Ups
Mountain Climbing
Golf
Cross Country
Softball
Bicycling
Six Inches
Lunges
Cool Down

Karate
Planks
Roller Skating
Canoing
Track and Field

Volleyball
Soccer
Swimming
Pullups
Switches

Warmup

Date: ___________________