

**Muscular Strength & Endurance:**  
10 Push Ups/10 Curl Ups



**Muscular Endurance:**  
Abs Challenge



**Flexibility:**  
Yoga

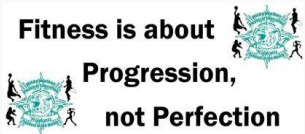


**Aerobic Capacity:**  
Cardio Workout



**Review Health-Related Fitness Components Power Point**

Fitness is about Progression, not Perfection



## Physical Education

### Fitness Components Choice Board

Directions:

1. Click on the warm-up for before starting an activity.
2. Complete at least 5 activities on this board.
3. You can do them any time during the week.

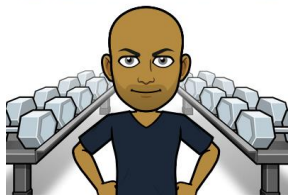
**Fitness Challenge:**  
Wall Sit

**You Can Do It!**



**Fitness Challenge:**  
Curl Ups

**GYM:TIME**



**WARM UP**

Click the warm-up before starting an activity.

**Fitness Challenge:**  
Plank



**Fitness Challenge:**  
Push Ups



**Fitness Challenge:**  
Seal Jacks



**Fitness Challenge:**  
1 Min. Mt. Climbers



**Fitness Challenge:**  
1 Min. Squats

