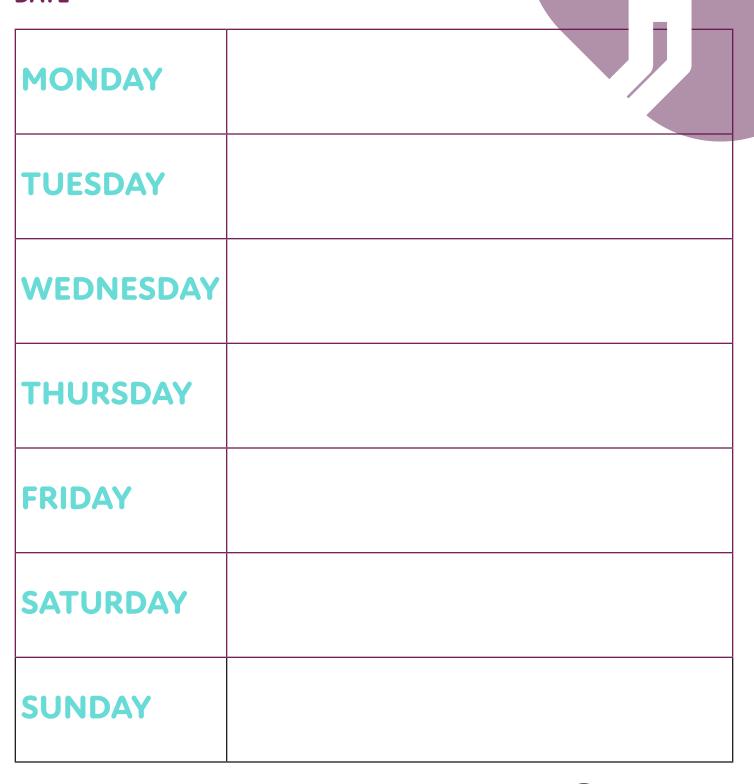
ON THE PHYSICAL FITNESS TRAIL

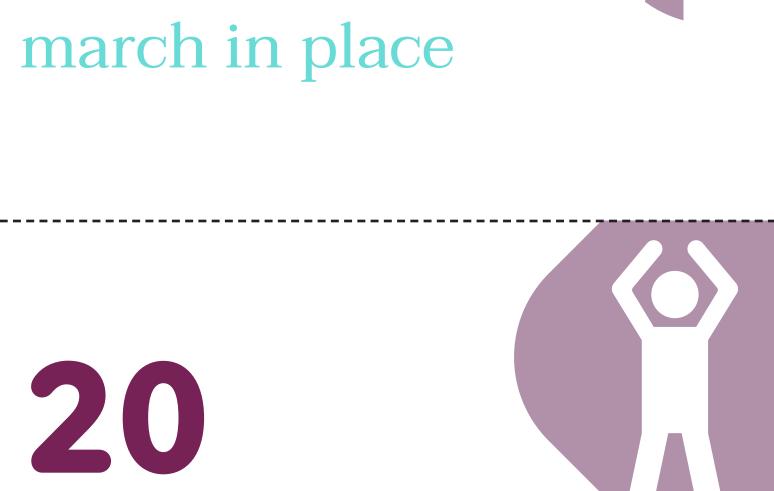
NAME: DATE:





2 MINUTES

Take the stairs or



Jumping jacks

20 Arm circles (per side)



10
Bicep curl
with cans
(per side)



10 Squats



5 Push-ups or modified push-ups



10 Lunges (per side)



20 Sit-ups



10 Side leg lifts (per side)



10 Leg lifts, both legs together