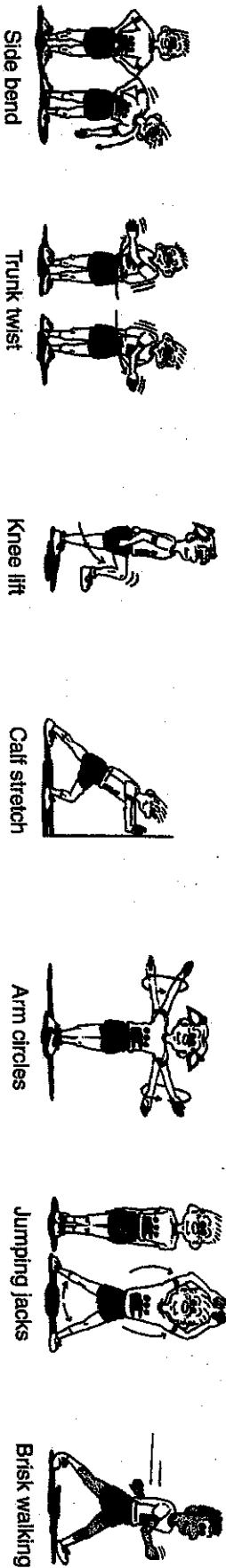
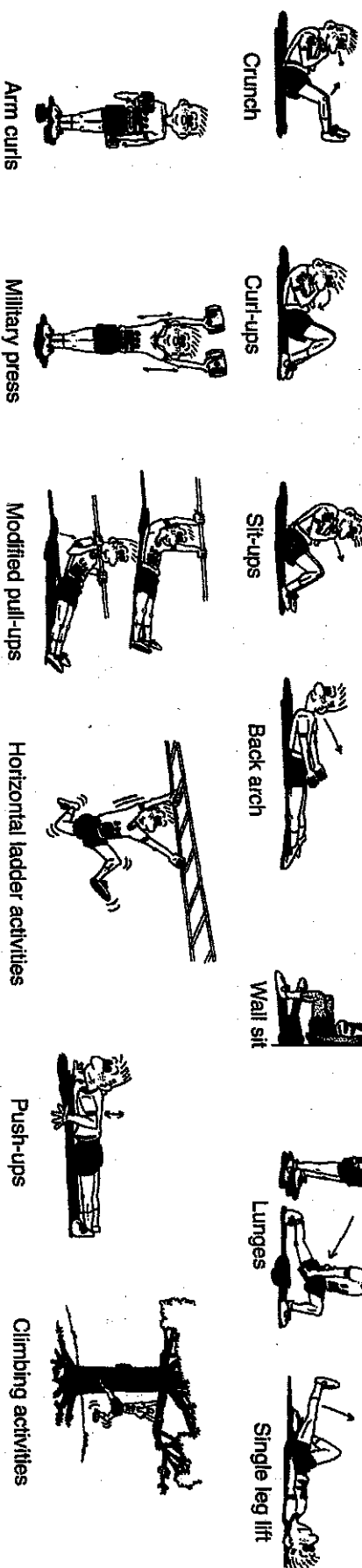


# **FITNESSGRAM Get Fit Exercises**

## **Warm-up activities**

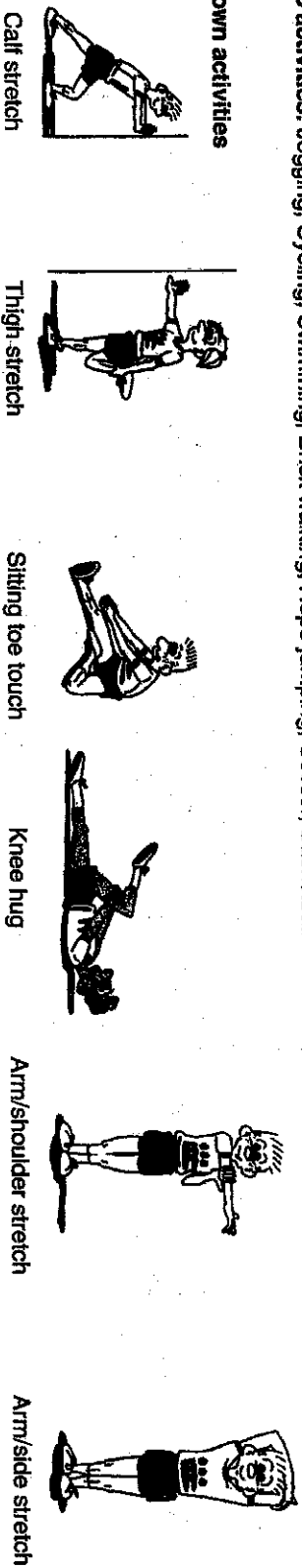


## **Strength development activities**



## **Aerobic activities: Jogging, Cycling, Swimming, Brisk walking, Rope jumping, Soccer, Basketball**

## **Cool-down activities**



**FIGURE B.2**

From FITNESSGRAM/ACTIVITYGRAM Test Administration Manual, Updated Third Edition by The Cooper Institute, 2005, Champaign, IL: Human Kinetics.