Calf stretch

Thigh stretch

Sitting toe touch

Knee hug

FITNESSGRAM Get Fit Exercises

Warm-up activities



Side bend



Crunch

Curl-ups

Sit-ups

Back arch

Wall sit



Trunk twist



Knee ≣









Calf stretch































Arm circles





Jumping jacks





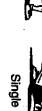
Brisk walking





















Climbing activities





Cool-down activities



Military press



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



Modified pull-ups





Horizontal ladder activities



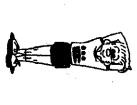




Push-ups



Arm/shoulder stretch



Arm/side stretch

FIGURE B.2