

Cardiorespiratory Endurance

Jumping Jacks

Butt Kicks

High Knees

Skier Jumps

Burpees

Lower Body Strength

Squats

Frog Jumps

Crab Kicks

Lunges

Bear Rocks

Upper Body Strength

Push Ups

Shoulder Taps

Air Punches

Hand Release Push-Ups

Core Strength

Plank

Reverse Plank

Curl Ups

Heel Taps

Straight Leg Raises



**Squad Leader
Fitness**

Flexibility

Downward Dog

Bridge

Toe Touch (Knees Straight)

Inchworms

Donkey Kick (One Leg in Air)