

PATTERN FITNESS

Perform the Proper Exercise 10 Times To Complete the Pattern.
Write Your Answer in the Blank Space Below the ?

Level 1:



Bear Crawls



Jump Squats



Bear Crawls

?

Level 2:



Push Ups



High Knees

?



High Knees

Level 3:



Mountain Climbers

?

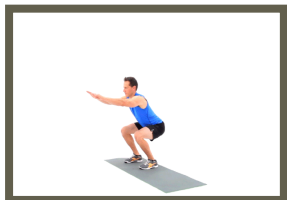


Star Jump



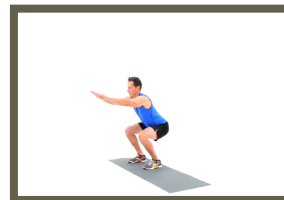
Star Jump

Level 4:

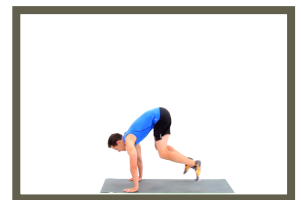


Jump Squats

?



Jump Squats



Burpies



Jump Squats



Jump Squats



Jump Squats

?

PATTERN FITNESS

Level 5:

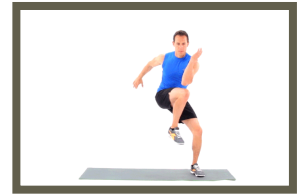


Squats



Ninja Knees





Ninja Knees



Squats



Ninja Knees



Squats



Level 6:



Ninja Knees



Jumping Jacks





Jumping Jacks

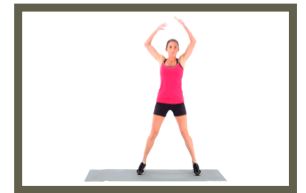




Jumping Jacks



Jumping Jacks



Jumping Jacks

Level 7:



Body Folds



Mountain Climbers



Push Ups



Body Folds



Mountain Climbers





Body Folds



Mountain Climbers