COLOR BY FITNESS

Perform the exercise in each shape then color it in using the key below:

GREEN = SQUATS (S)
PINK = BURPIES (B)
BLUE = PUSH UPS (P-U)
BROWN = SIT UPS (S-U)
PURPLE = JUMPING JACKS (J-J)
YELLOW = LUNGES (L)
WHITE = MOUNTAIN CLIMBERS (M-C)

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Fitness component added by William Potter
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PURPLE = JUMPING JACKS (J-J)
YELLOW = LUNGES (L)
RED = MOUNTAIN CLIMBERS (M-C)
WHITE = CROSS JACKS (C-J)
COLOR BY FITNESS

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