

MY FITNESS WORKOUT

Directions: Select 3 exercises from each group to build your own fitness workout. After you have chosen your exercises, cut them out and glue or tape them below to create your personalized fitness workout. Note: You may also draw in your own. Pass in the lower section of the paper to Mr. Tiller before the end of the month!



Upper Body Exercises



Forearm Plank



Mountain Hold



Push-ups



Side Plank



Seal Hold

Lower Body Exercises



High Knees



Lunges



Back Leg Lifts



Side Lunges



Tippie Toe Hold

Core Body Exercises



Sit-ups



"V" Hold



Straight Leg Hold



Curl-ups



Bicycles



MY FITNESS WORKOUT

Name:

When Done Pass In This Part

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|---|--|--|--|
| <p>Upper Body Exercises</p> <p>→</p> | | | |
| <p>Lower Body Exercises</p> <p>→</p> | | | |
| <p>Core Body Exercises</p> <p>→</p> | | | |

When Done Pass In This Part