**Fitness 5—Rapid review**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** | **Type** | **Reminders** | **Repetitions** | **Time** |
| Stairs | Cardio | High knees |  | 30 seconds |
| Push ups | Arms | Straight back! | Level 1—6  Level 2—8  Level 3—12 |  |
| Run in place | Cardio | Quick step in place |  | 30 seconds |
| Squats | Legs | 90 degree | Level 1—8  Level 2—12  Level 3—14 |  |
| “Jump Rope” | Cardio | Jump off toes |  | 30 seconds |
| Walkers | Legs | Reach down, walk hands to plank, walk back up | Level 1—6  Level 2—8  Level 3—12 |  |
| Ski jumps | Cardio | Find a line and hop over back and forth |  | 30 seconds |
| Plank **X2** | Core | Straight back, **get a 10 break between the two times** |  | Level 1—25 seconds  Level 2—30 seconds  Level 3—35 seconds |

**DO CORRECT FORM! Do your best and set a goal to reach. PICK THE LEVEL THAT FITS YOU. Let your fitness group push each other. YOU CAN ALWAYS DO MORE! ☺**