**Jumping Jacks**

Works coordination & cardiorespiratory endurance

Muscles: Calf Muscles, Deltoids, Gluteus

**Arm Circles**

Works muscular endurance

Muscles: Deltoids

**1 Leg in Air Balance**

Works Balance

Muscles: Hamstrings

**Knee Push-Ups**

Works Muscular Strength & Muscular Endurance

Muscles: Pectorals, Deltoids, Triceps

**Burpees**

Works Muscular Strength & Muscular Endurance

Muscles: Quadriceps, Pectorals, Deltoids, Gluteus

**Plank**

Works Muscular Strength & Muscular Endurance

Muscles: Abdominals

**Mountain Climbers**

Works Muscular Strength, Muscular Endurance & Cardiorespiratory Endurance

Muscles: Quadriceps, Calf Muscles, Pectorals, Gluteus, Deltoids, Abdominals, Hamstrings, Triceps

**Jump Rope**

Works Cardiorespiratory Endurance

Muscles-Calf Muscles, Quadriceps, Hamstrings, Biceps, Triceps, Deltoids

**Lunges**

Works Muscular Strength & Muscular Endurance

Muscles-Quadriceps, Hamstrings, Gluteus,

**Stretches (Figure 4, Butterfly, Legs Straight, V-Stretch)**

Works Flexibility

Muscles: Hamstrings

**Shoulder Shrugs**

Works Muscular Endurance

Muscles: Trapezius

**Sit-Ups**



Works Muscular Strength & Muscular Endurance

Muscles: Abdominals

**Sprints**

Works Cardiorespiratory Endurance

Muscles: Quadriceps, Hamstrings, Calf Muscles, Gluteus, Abdominals

**Line Jumps**



Works Muscular Endurance & Cardiorespiratory Endurance

 Muscles: Calf Muscles