



## Fitness Homework

A Cardiovascular Activities	B Muscular Strength Activities	C Muscular Endurance Activities	D Flexibility Activities	E Recreational Activities	F Team Sports
Jogging for 30 min	Push-ups	Ab workout for 30 min	Stretching for 30 min	Walking the dog	Basketball Team
Jump Rope for 30 min	Pull-ups	Jump Rope for 30 min		Activities outside with friends	Volleyball Team
Walk for 30 min	Sit-ups	Push-ups routine with multiple sets	Pilates for 30 min	Chores	Soccer Team
Bike for 30 min	Weights Training	Bike for 30 min		Kayaking	Hockey Team
Plyometric for 30 min	Lunges with weights	Plyometric for 30 min	Playing Catch	Skate boarding	Football Team
Jumping up and down for 30 min	Squats with weights	Lunges for 30 min		Fishing	Baseball Team
Most movement activities lasting for 30 min	Adding weights to most activities	Squats for 30 min	Yoga for 30 min	Skating	Softball Team
	Dips	Dips for 30 min		Activities with the Family	Any other team sport you are involved in
				Hiking	
				Outside Activities	