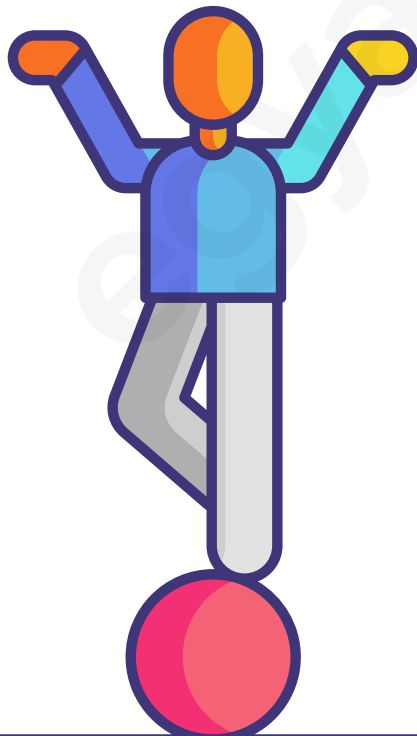




# Jumping Jacks

Do  
10 jumping  
jacks.



# Balance

Keep your  
balance along  
the ball



# Squat

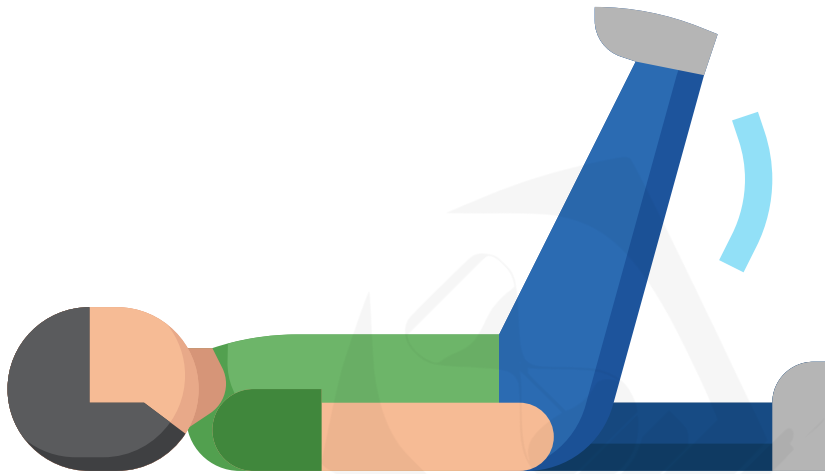
Do  
Squat  
5 times.



# Hula Hoop

Do  
Hula Hoop  
3 times.

# Leg Lifts

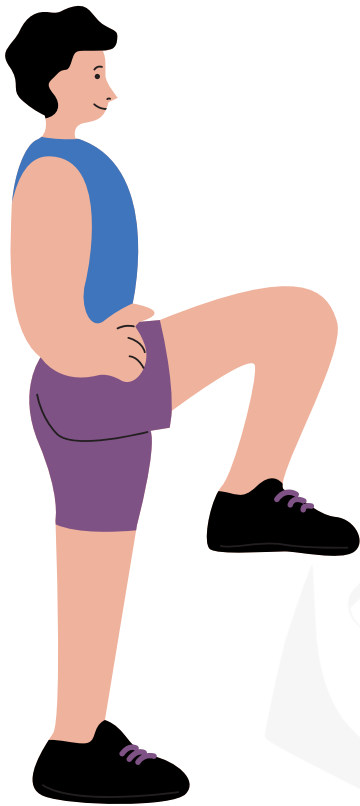


Lift  
your leg  
5 times.



# Jump Rope

Do  
jump rope  
5 times.



# Raise knee

Raise  
your knee  
5 times.



# Push ups

Do  
push ups  
3 times.



# Run

Do  
running  
5 minutes.



# Leg Raises

Raise  
your legs  
5 times.

# Trainning Camp

Name: \_\_\_\_\_

☐ L Jumping Jacks

☐ L Balance

☐ L Squat

☐ L Hula Hoop

☐ L Leg Lifts

☐ L Jump Rope

☐ L Touch Knees

☐ L Push Ups

☐ L Run

☐ L Leg Raises

# Trainning Camp

Name: \_\_\_\_\_

☐ L Jumping Jacks

☐ L Balance

☐ L Squat

☐ L Hula Hoop

☐ L Leg Lifts

☐ L Jump Rope

☐ L Touch Knees

☐ L Push Ups

☐ L Run

☐ L Leg Raises

# Trainning Camp

Name: \_\_\_\_\_

☐ L Jumping Jacks

☐ L Balance

☐ L Squat

☐ L Hula Hoop

☐ L Leg Lifts

☐ L Jump Rope

☐ L Touch Knees

☐ L Push Ups

☐ L Run

☐ L Leg Raises

# Trainning Camp

Name: \_\_\_\_\_

☐ L Jumping Jacks

☐ L Balance

☐ L Squat

☐ L Hula Hoop

☐ L Leg Lifts

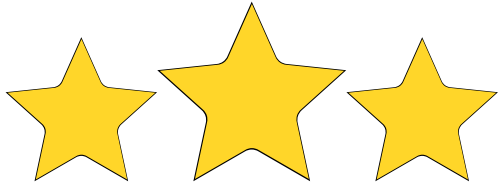
☐ L Jump Rope

☐ L Touch Knees

☐ L Push Ups

☐ L Run

☐ L Leg Raises



**Congratulations!**

You Completed  
**Trainning Camp**

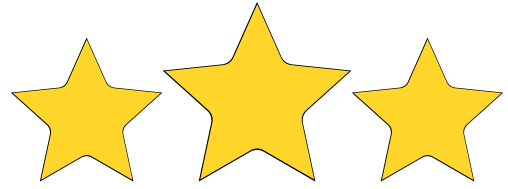
---

Name

**I'm proud of you!**

---

Coach



**Congratulations!**

You Completed  
**Trainning Camp**

---

Name

**I'm proud of you!**

---

Coach



**Congratulations!**

You Completed  
**Trainning Camp**

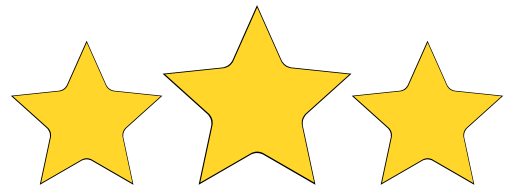
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Name

**I'm proud of you!**

---

Coach



**Congratulations!**

You Completed  
**Trainning Camp**

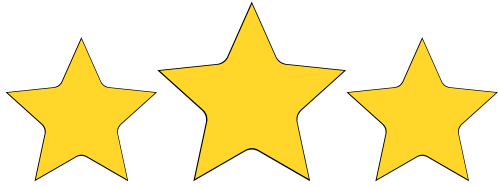
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Name

**I'm proud of you!**

---

Coach



**Congratulations!**

You Completed  
**Trainning Camp**

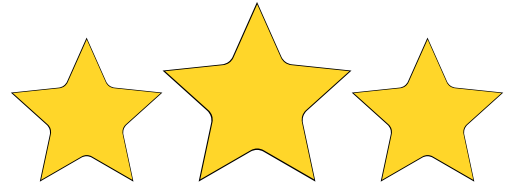
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Name

**I'm proud of you!**

---

Coach



**Congratulations!**

You Completed  
**Trainning Camp**

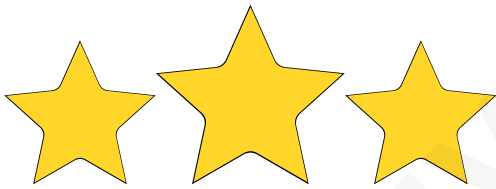
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Name

**I'm proud of you!**

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Coach



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You Completed  
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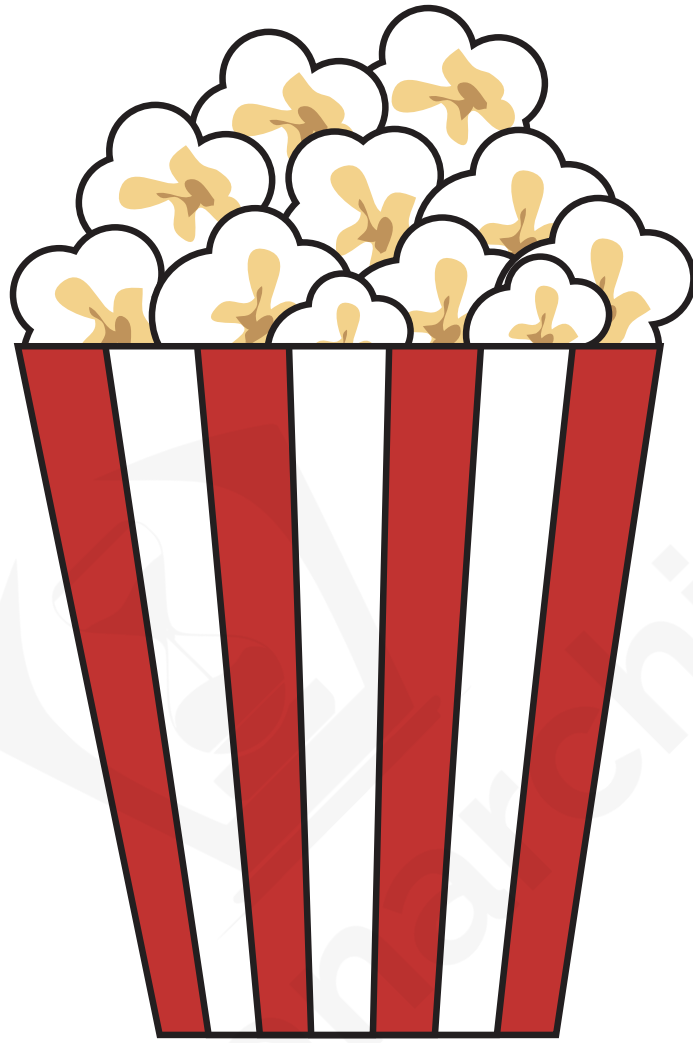
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Name

**I'm proud of you!**

---

Coach



# Station Snacks



**Water  
Station**