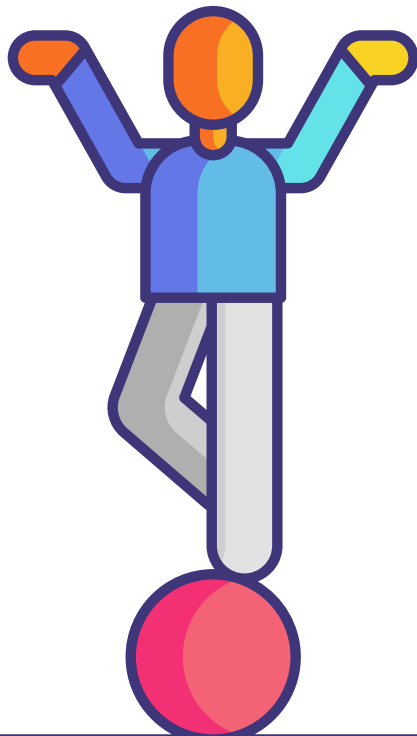




# Jumping Jacks

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

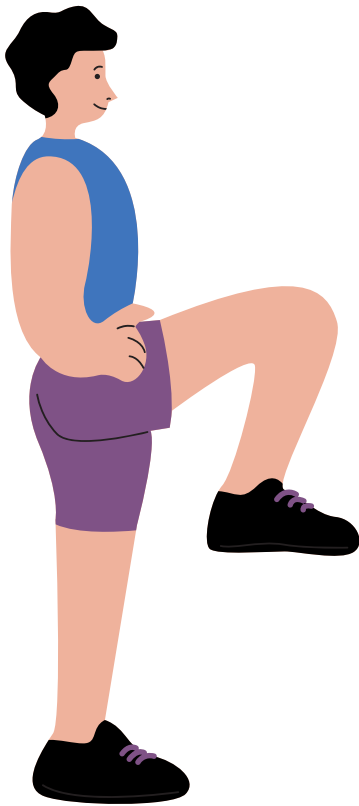


Lift  
your leg  
5 times.



# 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.

# Training 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

# Training 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

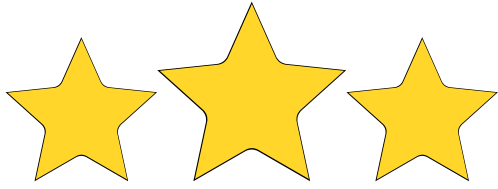
Name: \_\_\_\_\_

- 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  
**Training Camp**

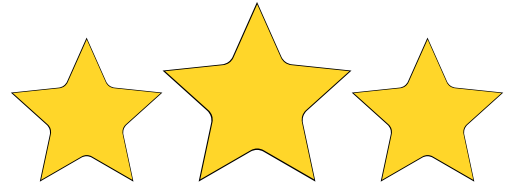
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Name

**I'm proud of you!**

---

Coach



**Congratulations!**

You Completed  
**Training Camp**

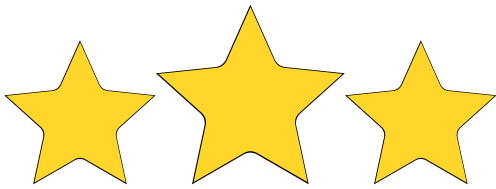
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Name

**I'm proud of you!**

---

Coach



**Congratulations!**

You Completed  
**Training Camp**

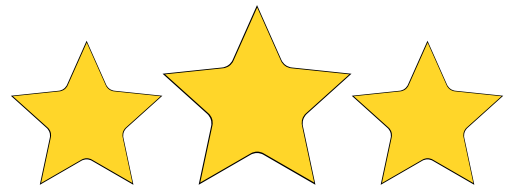
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Name

**I'm proud of you!**

---

Coach



**Congratulations!**

You Completed  
**Training Camp**

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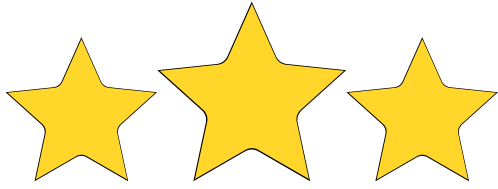
Name

**I'm proud of you!**

---

Coach





**Congratulations!**

You Completed  
**Training Camp**

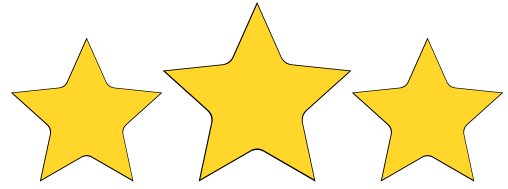
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Name

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---

Coach



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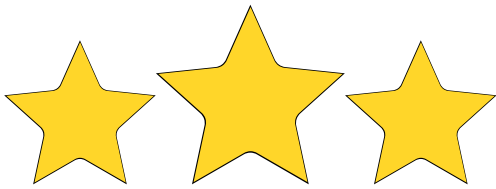
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Name

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Coach



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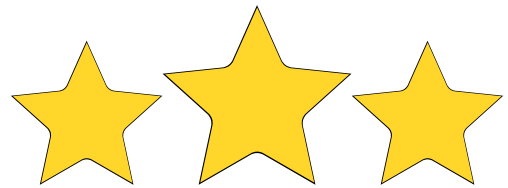
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Name

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Coach



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You Completed  
**Training Camp**

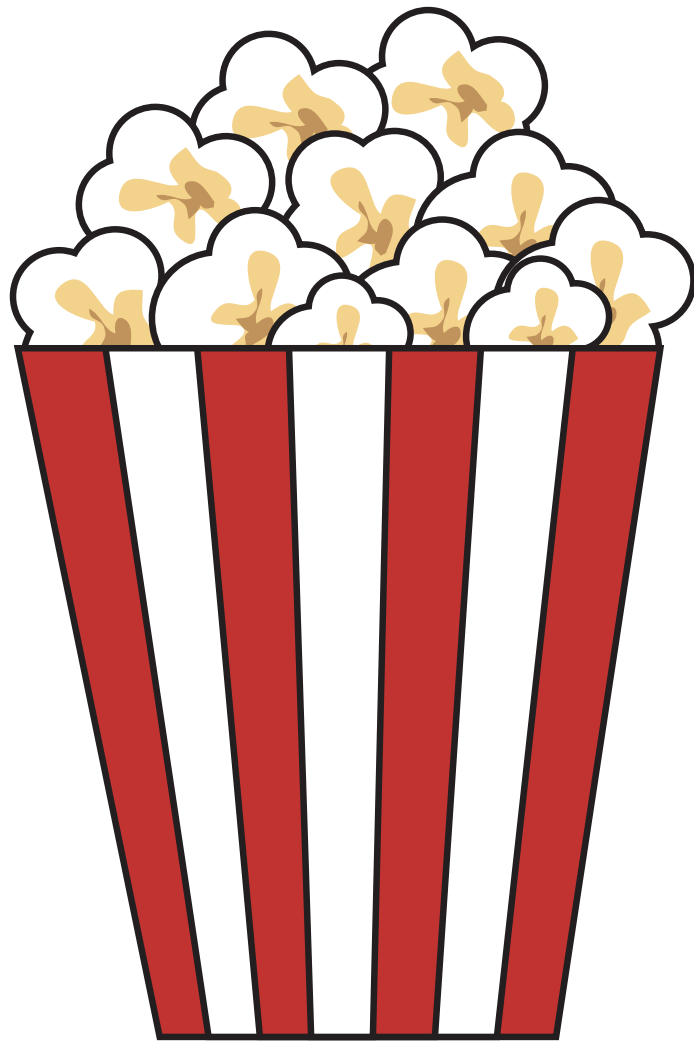
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Name

**I'm proud of you!**

---

Coach



**Station**

**Snacks**



**Water  
Station**