Directions: Select 3 exercises from each group to build your own fitness workout. After you have chosen your exercises, cut them out and glue or tape them below to create your personalized fitness workout. Note: You may also draw in your own. Pass in the lower section of the paper to Mr. Tiller before the end of the month!

Upper Body Exercises
- Forearm Plank
- Mountain Hold
- Push-ups
- Side Plank
- Seal Hold

Lower Body Exercises
- High Knees
- Lunge
- Back Leg Lifts
- Side Lunges
- Tippie Toe Hold

Core Body Exercises
- Sit-ups
- "V" Hold
- Straight Leg Hold
- Curl-ups
- Bicycles

Name:

When Done Pass In This Part

<table>
<thead>
<tr>
<th>Upper Body Exercises</th>
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<tr>
<td>Lower Body Exercises</td>
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<td>Core Body Exercises</td>
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