



Aerobic Strength Training Flexibility Training

Name: _____

(Circle Your Answer)

1) Swimming	Aerobic	Strength	Flexibility
2) Push-ups	Aerobic	Strength	Flexibility
3) Forward lunge stretch	Aerobic	Strength	Flexibility
4) Leg squats	Aerobic	Strength	Flexibility
5) Playing basketball	Aerobic	Strength	Flexibility
6) Pull ups	Aerobic	Strength	Flexibility
7) Side lunge stretch	Aerobic	Strength	Flexibility
8) Abdominal crunches	Aerobic	Strength	Flexibility
9) Soccer	Aerobic	Strength	Flexibility
10) Rowing	Aerobic	Strength	Flexibility
11) Knees to chest stretch	Aerobic	Strength	Flexibility

