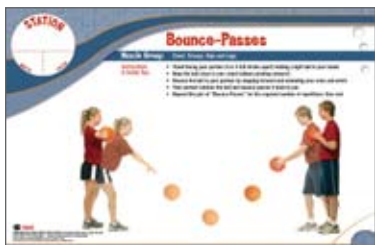
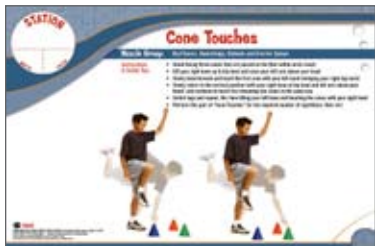
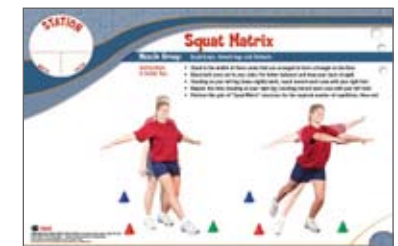
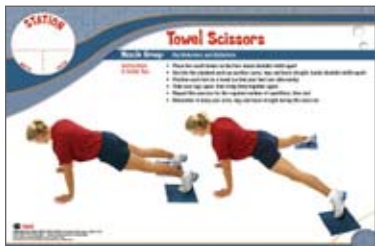


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STATION

Medicine Ball Step-Ups

Medicine Ball Step-Ups *Balance, Coordination, Strength*

Equipment: Medicine ball, step

Instructions:

1. Stand on a low step with one foot on the step and one foot on the ground.
2. Lift the medicine ball with one hand and step up with the other foot.
3. Repeat with the other foot and hand.
4. Repeat with both feet on the step and both hands on the medicine ball.
5. Repeat with one foot on the step and one hand on the medicine ball.
6. Repeat with both feet on the step and both hands on the medicine ball.



STATION

Push-Ups

Push-Ups *Strength, Balance, Coordination*

Equipment: None

Instructions:

1. Start in a plank position with hands under shoulders and feet under hips.
2. Lower your body until your elbows are at a 90-degree angle.
3. Push back up to the starting position.
4. Repeat.



STATION

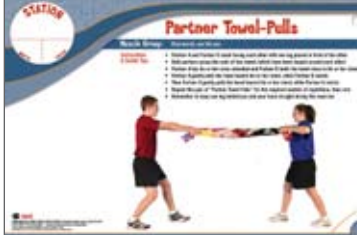
Partner Towel Pulls

Partner Towel Pulls *Strength, Balance, Coordination*

Equipment: Towel

Instructions:

1. Partner A and Partner B stand facing each other with one foot on a step.
2. Partner A holds one end of the towel and Partner B holds the other end.
3. Partner A pulls the towel towards their foot.
4. Partner B pulls the towel towards their foot.
5. Repeat.



STATION

Arm & Leg Extensions

Arm & Leg Extensions *Strength, Balance, Coordination*

Equipment: Medicine ball, step

Instructions:

1. Start in a plank position with hands on the ground and feet on a step.
2. Lift one arm and one leg.
3. Repeat with the other arm and leg.
4. Repeat.



STATION

Quarter Turns

Quarter Turns *Strength, Balance, Coordination*

Equipment: None

Instructions:

1. Start in a squat position.
2. Turn 90 degrees to the right.
3. Turn 90 degrees to the left.
4. Repeat.



STATION

Dead Bug

Dead Bug *Strength, Balance, Coordination*

Equipment: None

Instructions:

1. Lie on your back with knees bent and feet flat on the floor.
2. Lift your arms and legs.
3. Lower your arms and legs towards the floor.
4. Repeat.



STATION

Sit-Up Wall Toss

Sit-Up Wall Toss *Strength, Balance, Coordination*

Equipment: Medicine ball, wall

Instructions:

1. Sit on the floor with your back against a wall.
2. Lift your arms and legs.
3. Toss the medicine ball against the wall.
4. Catch the ball.
5. Repeat.



STATION

Modified Push-Ups

Modified Push-Ups *Strength, Balance, Coordination*

Equipment: None

Instructions:

1. Start in a plank position with hands on the ground and feet on a step.
2. Lower your body until your elbows are at a 90-degree angle.
3. Push back up to the starting position.
4. Repeat.



STATION

Single Leg Squats

Single Leg Squats *Strength, Balance, Coordination*

Equipment: None

Instructions:

1. Stand on one leg.
2. Lower your body until your knee is at a 90-degree angle.
3. Push back up to the starting position.
4. Repeat with the other leg.



STATION

Single Leg Presses

Single Leg Presses *Strength, Balance, Coordination*

Equipment: Medicine ball, step

Instructions:

1. Stand on one leg with the medicine ball on the step.
2. Lower your body until your knee is at a 90-degree angle.
3. Push back up to the starting position.
4. Repeat with the other leg.



STATION

The Shark

The Shark *Strength, Balance, Coordination*

Equipment: None

Instructions:

1. Stand on a step with your feet on the step.
2. Lift one arm and one leg.
3. Repeat with the other arm and leg.
4. Repeat.



STATION

Medicine Ball Lunges

Medicine Ball Lunges *Strength, Balance, Coordination*

Equipment: Medicine ball

Instructions:

1. Stand on one leg with the medicine ball on the step.
2. Lower your body until your knee is at a 90-degree angle.
3. Push back up to the starting position.
4. Repeat with the other leg.



STATION

T-Balance Push-Ups

T-Balance Push-Ups *Strength, Balance, Coordination*

Equipment: None

Instructions:

1. Start in a plank position with hands on the ground and feet on a step.
2. Lower your body until your elbows are at a 90-degree angle.
3. Push back up to the starting position.
4. Repeat.



STATION

Hamstring Stretches

Hamstring Stretches *Strength, Balance, Coordination*

Equipment: None

Instructions:

1. Sit on the floor with your legs straight out.
2. Reach forward towards your feet.
3. Repeat.



STATION

Triceps Extensions

Triceps Extensions *Strength, Balance, Coordination*

Equipment: Medicine ball

Instructions:

1. Stand on one leg with the medicine ball on the step.
2. Lower your body until your knee is at a 90-degree angle.
3. Push back up to the starting position.
4. Repeat with the other leg.



STATION

Shoulder Raises

Shoulder Raises *Strength, Balance, Coordination*

Equipment: Resistance band

Instructions:

1. Stand on one end of the resistance band.
2. Lift your arms.
3. Repeat.



STATION

Lateral Limbo

Lateral Limbo *Strength, Balance, Coordination*

Equipment: None

Instructions:

1. Stand on one leg with your feet on the step.
2. Lift one arm and one leg.
3. Repeat with the other arm and leg.
4. Repeat.



STATION

Biceps Curls

Biceps Curls *Strength, Balance, Coordination*

Equipment: Medicine ball

Instructions:

1. Stand on one leg with the medicine ball on the step.
2. Lower your body until your knee is at a 90-degree angle.
3. Push back up to the starting position.
4. Repeat with the other leg.



STATION


Cardiorespiratory

Cardiorespiratory *Strength, Balance, Coordination*

Equipment: None

Instructions:

- Walk-Run-Jog
- Stride Jumps
- Stairs
- Skipping
- Wall Runner



STATION


Agility

Agility *Strength, Balance, Coordination*

Equipment: None

Instructions:

- Reaction Ball
- Wall-Ball Toss
- Line Shuffle
- Mini Hurdles
- Dot Drill



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