**Fitness Unit**

**Flexibility:** **(5 minutes)** Always stretch before and after activity.

Example of things you may do to improve your flexibility…

Legs stretches left, right and down the middle, lunges, stand and bend left and bend right, arm rotations forward and backwards

**Muscular Strength and Endurance: (10 minutes)**

Example of things you may do to improve yourself…

Push-ups, curl-ups or sit-ups, planks, lunges, squats, burpees, mountain climbs or walking lunges

**Cardiovascular Endurance: (15 minutes)**

A great website: <https://www.verywellfit.com/best-home-cardio-exercises-1231273>

Example of things you ma do to improve yourself…

Walking, running, jump rope, jock in place (high knees), jumping jack, trampoline jumping, ride your bike, dancing, squat jumps, stair climbs up and down