FIT TEST

1. SWITCH KICKS







3. POWER KNEES



4. POWER JUMPS



2.	KIICKS	30 T	REP

MOVE	FIT TEST 1	FIT TEST 2	FIT TEST 3	FIT TEST 4	FIT TEST 5
1. SWITCH KICKS	64				
2. POWER JACKS	48	Ċ.	i i		
3. POWER KNEES	86				
4. POWER JUMPS	39				

5. GLOBE JUMPS



4 JUMPS = 1 REP.





7. PUSH-UP JACKS



8. LOW PLANK OBLIQUE

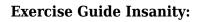


MOVE	FIT TEST 1	FIT TEST 2	FIT TEST 3	FIT TEST 4	FIT TEST 5
5. GLOBE JUMPS	9				
6. SUICIDE JUMPS	18				
7. PUSH-UP JACKS	32			Ş	Į.
8. LOW PLANK OBLIQUE	48			es .	



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