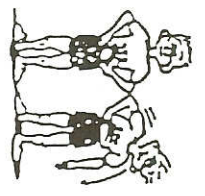
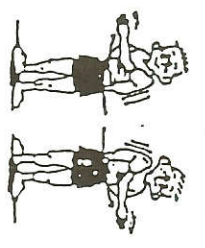


FITNESSGRAM Gel Fil Exercises

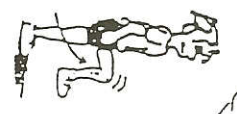
Warm-up Activities



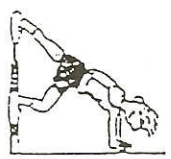
Side Bend



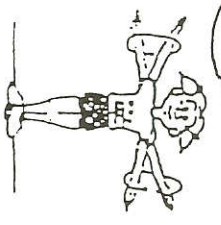
Trunk Twist



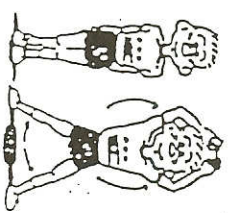
Knee Lift



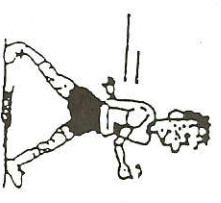
Calf Stretch



Arm Circles



Jumping Jacks



Brick Walking

Strength Development Activities



Crunch



Curl-ups



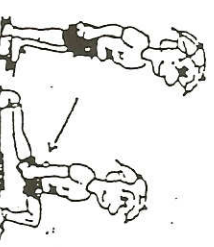
Sit-ups



Back Arch



Wall Sit



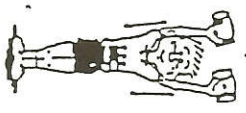
Lunges



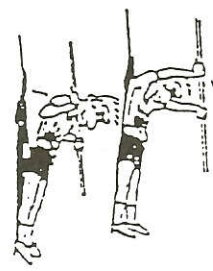
Single Leg Lift



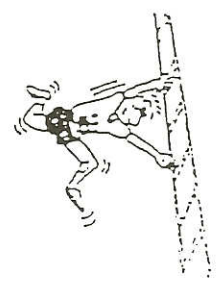
Arm Curls



Military Press



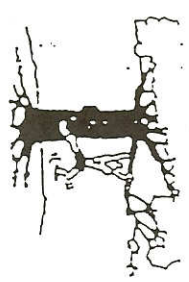
Modified Pull-ups



Horizontal Ladder Activities



Push-ups



Climbing Activities

Acrobatic Activities

Jogging

Cycling

Swimming

Drisk Walking

Rope Jumping

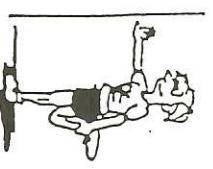
Soccer

Basketball

Cool-down Activities



Calf Stretch



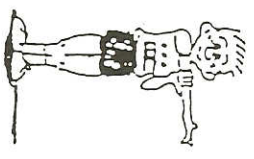
Thigh Stretch



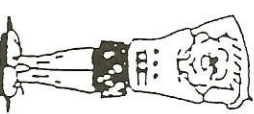
Sitting Toe Touch



Knee Hug



Arm/Shoulder Stretch



Arm/Side Stretch

Source: FITNESSGRAM Test Administration Manual, Second Edition