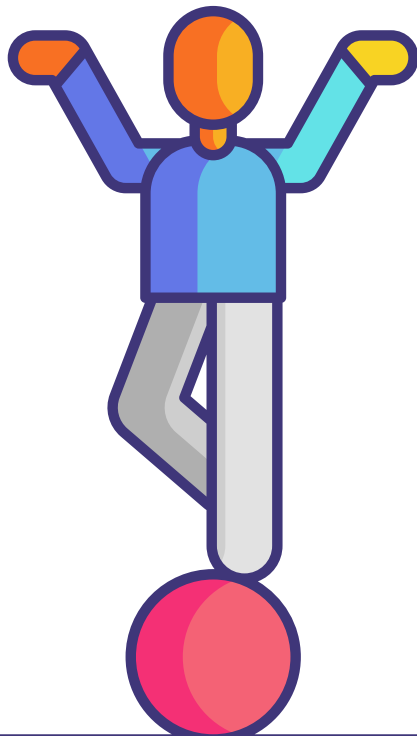




Jumping Jacks

Do
10 jumping
jacks.



Balance

Keep your
balance along
the ball



Squat

Do
Squat
5 times.



Hula Hoop

Do
Hula Hoop
3 times.

Leg Lifts

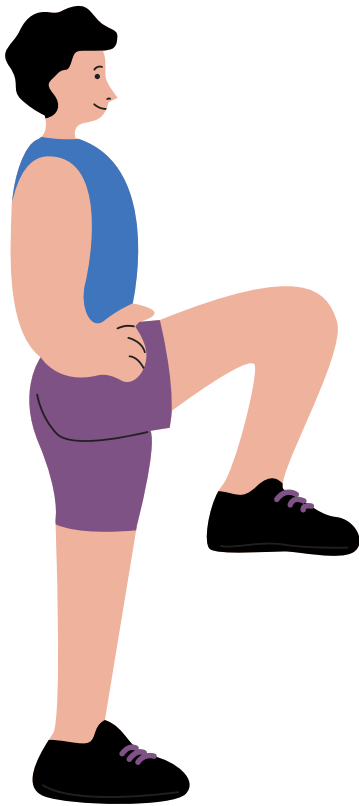


Lift
your leg
5 times.



Jump Rope

Do
jump rope
5 times.



Raise knee

Raise
your knee
5 times.



Push ups

Do
push ups
3 times.



Run

Do
running
5 minutes.



Leg Raises

Raise
your legs
5 times.

Training Camp

Name: _____

- L Jumping Jacks
- L Balance
- L Squat
- L Hula Hoop
- L Leg Lifts
- L Jump Rope
- L Touch Knees
- L Push Ups
- L Run
- L Leg Raises

Training Camp

Name: _____

- L Jumping Jacks
- L Balance
- L Squat
- L Hula Hoop
- L Leg Lifts
- L Jump Rope
- L Touch Knees
- L Push Ups
- L Run
- L Leg Raises

Training Camp

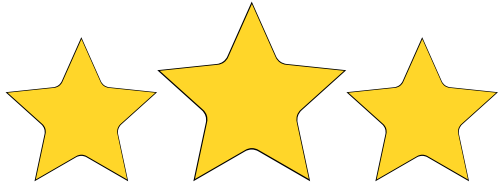
Name: _____

- L Jumping Jacks
- L Balance
- L Squat
- L Hula Hoop
- L Leg Lifts
- L Jump Rope
- L Touch Knees
- L Push Ups
- L Run
- L Leg Raises

Training Camp

Name: _____

- L Jumping Jacks
- L Balance
- L Squat
- L Hula Hoop
- L Leg Lifts
- L Jump Rope
- L Touch Knees
- L Push Ups
- L Run
- L Leg Raises



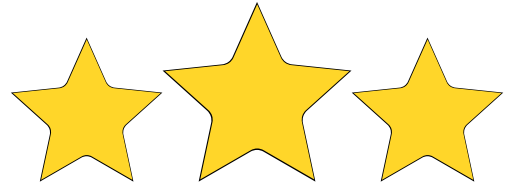
Congratulations!

You Completed
Training Camp

Name

I'm proud of you!

Coach



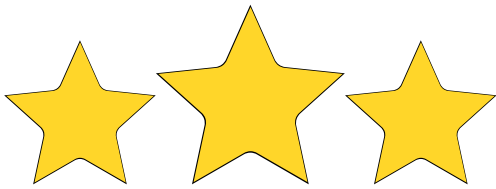
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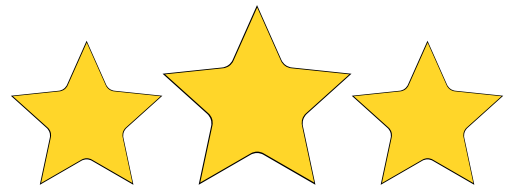
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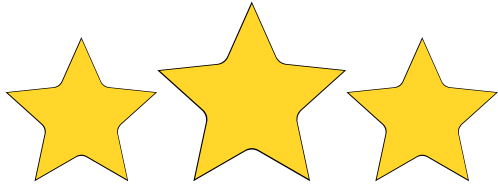
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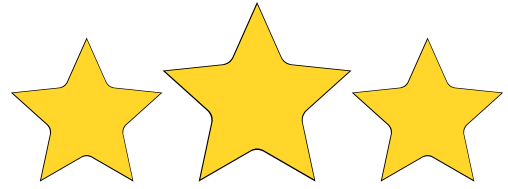
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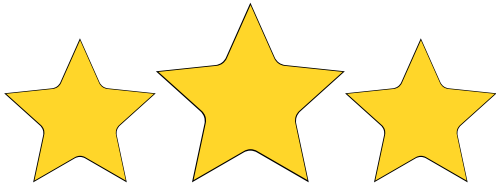
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Congratulations!

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Training Camp

Name

I'm proud of you!

Coach



Station
Snacks



**Water
Station**