Get Fit Exercises

WARM-UP ACTIVITIES
- Side Bend
- Trunk Twist
- Knee Lift
- Calf Stretch
- Arm Circles
- Jumping Jacks
- Brisk 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

(using canned food as weight)

AEROBIC ACTIVITIES
- Jogging
- Cycling
- Swimming
- Brisk Walking
- Rope-Jumping
- Soccer
- Basketball

COOL-DOWN ACTIVITIES
- Calf Stretch
- Thigh Stretch
- Sitting Toe Touch
- Knee Hug
- Arm/Shoulder Stretch
- Arm/Side Stretch