Fitness Components

- Jumping Jack
- Kung-Fu Stretch
- Sit Uos 12+ or more times
- Arm Curls 8 or less times
- Foods we eat!

- Flexy
- Flexibility
- Cardio Kid
- Cardio-Respiratory
  Endurance
- B.C.
  Body Composition
- Max
  Muscular Strength
- Maddy
  Muscular Endurance