

My Activities Chart

| Fitness Component | Examples | Your Examples |
|-----------------------------|--|---------------|
| Cardiorespiratory Endurance | swimming, dancing, cycling, jumping jacks, burpees | |
| Muscular Strength | pushups, lunges, abdominal crunches (sit ups) | |
| Muscular Endurance | plank, walking lunges, squats, pullup | |
| Flexibility | hamstring/calf stretch, neck circles, overhead arm stretch | |