**Fitness 2**

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| **Name** | **Type** | **Description** | **Picture/Barcode** | **Repetitions**  | **Time** |
| Steps | Cardio | Run up the stairs and down with high knees and a straight back | http://beautymarkaz.com/wp-content/uploads/2013/01/High-Knees.jpg | 1-4 times every step2-3 times every step, 2 time every other step3-5 times every step, 2 times every other step |  |
| Mountain climbers | Cardio and arms | Set up like in a plank. Bring the right foot up to your right hand, and then back in plant position. Switch with left food.  | http://www.newhealthguide.org/images/10415585/image001.jpg |  | 1-30 seconds2-45 seconds3-45 seconds *with hands balancing on a ball* |
| Tricep dips | Arms | Place your hands behind you on the step. Have your feet shoulder width apart. Dip your body down (don’t have your butt touch the ground). Elbows and arms create a 90 degree angle. | http://media4.onsugar.com/files/2014/03/06/806/n/1922729/c58b14640c2032c6_triceps-dips.jpg.xxxlarge.jpg | 1-10 times2-12 times with a step under your hands3-18 times with a step under your hands |  |
| Side Body Squats | Legs | Side step with your right foot to a comfortable distance and squat. The right knee is above the right foot. Switch legs. | http://www.townsendfitnesssystems.com/wp-content/uploads/2013/03/Lateral-Lunge.jpg | 1-8 each leg2-11 each leg3-16 each leg |  |
| Twist plank | Core and arms | Move from your waist. Whenever you twist, make sure the movement happens from your bottom rib up. Keep hips still. Come all the way up, then swing to the other side. KEEP BACK, BUTT, LEGS ALIGNED TOGETHER! | core-ab-twist |  | 1-20 seconds2-35 seconds3-50 seconds |
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**Do all and do proper form. PICK THE LEVEL THAT FITS YOU. Let your fitness group push each other. YOU CAN ALWAYS DO MORE! ☺**