**Fitness 3**

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| **Name** | **Type** | **Description** | **Picture/Barcode** | **Repetitions**  | **Time** |
| Run | Cardio | Run to the yellow line and back (about 25 meters) | http://beautymarkaz.com/wp-content/uploads/2013/01/High-Knees.jpg | To other side of the gym and back.1—jog there and back2—sprint there and jog back3—sprint there and sprint back |  |
| Upward Facing Plank+Dip+Lifts | Arms+Core | Arms extended straight in a plank position, but you are facing up. Lift the left leg, then right, and then dip down like a tricep dip. | http://well-girl.com/wp-content/uploads/2013/01/928.jpg | 1—Bent knees (in a “crab” position) 8 each leg and 8 dips2—Straight legs 7 each leg and 7 dip3—Straight legs 10 each leg and 10 dip |  |
| Run | --------------------> | ------------------------------------> | ---------------------------------------> | To other side and back |  |
| Side Push ups | Arms | Lay down on your side with one arm folded across your body and the other bent with the hand down on the ground by your chest. Lift up. | http://www.prevention.com/images/cma/summer_arm_shape1.jpg | 1—6 each side2—9 each side3—12 each side |  |
| Run | --------------------> | ------------------------------------> | ---------------------------------------> | To other side and back |  |
| Reverse Lunge twist | Legs | Like a regular lunge, but instead of stepping forward, you step back. Knee above ankle! | http://www.bodybuilding.com/exercises/exerciseImages/sequences/585/Male/m/585_2.jpg | 1—10 each side2—13 each side3—16 each side |  |
| Run | --------------------> | ------------------------------------> | ---------------------------------------> | To other side and back |  |
| V-Twist | Core | Sit back on your tail bone with your legs up and your back up (creating a V). Twist to the left and right. | http://kellyolexa.squarespace.com/storage/20100617-andrea-metcalf-v-twist-2-600x411.jpg?__SQUARESPACE_CACHEVERSION=1288985180279 |  | 1—30 seconds2—45 seconds3—40 seconds with twist left, then reach up to your toes, then reach right, then up, etc. |

**DO CORRECT FORM! Do you best and set a goal to reach. PICK THE LEVEL THAT FITS YOU. Let your fitness group push each other. YOU CAN ALWAYS DO MORE! ☺**