| Abdominals | Aerobic Cardio | Upper Body Strength | Flexibility | Speed | Agility |
|--------------|-------------------|------------------------|-------------|-------------|-------------|
| (Test) | (Test) | (Test) | (Test) | (Test) | (Test) |
| Planks | Bike | Push-ups | Seated | Sprints | Backpedal |
| Trunk twists | Walk | Pull-ups | Standing | Tag | Zigzag runs |
| Crunches | Dance | Tricep dips | Dynamic | Play sports | Slides |
| Leg lifts | Play tag | "Hold-ups" | Resistance | Races | Tag |
| Bicycles | Jump rope | Bicep curls | | Uphill runs | Skip/Hop |
| Reverse | Climb stairs | "Wheel- | | | Carioca/ |
| crunch | | barrows" | | | grapevine |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |