

WORKSHEET 2: FUN FITNESS

★ Stretch It ★

UPPER BODY

- Bicep
- Tricep
- Chest
- Upper Back
- Cross Shoulder

MIDDLE BODY

- Back
- Abdominal
- Waist Reach

LOWER BODY

- Hamstring
- Inner Thigh
- Outer Thigh
- Quadricep
- Lunge

RELATED ACTIVITIES

- _____
- _____
- _____
- _____
- _____

★ Tone It ★

UPPER BODY

- Overhead Shoulder Press
- Chest Press
- Bent Knee Push Up
- Bicep Curl
- Tricep Extension

MIDDLE BODY

- Sit Up
- Isometric Sit Up
- Side Twist Sit Up
- Front Arm Raise

LOWER BODY

- Inner Thigh Lift
- Outer Thigh Lift
- Power Lift Kick
- Squat
- Calf Lift

RELATED ACTIVITIES

- _____
- _____
- _____
- _____
- _____

★ Move It ★

- Aerobics
- Basketball
- Biking
- Dancing
- Field Hockey
- Hiking
- Ice Hockey
- Ice Skating
- Jumping Rope
- Kickball
- Kickboxing
- Power Walking
- Running
- Skiing
- Soccer
- Tennis
- Track
- Volleyball

RELATED ACTIVITIES

- _____
- _____
- _____
- _____
- _____

Great! You've selected the exercises you'd like to try. Next, you can learn how to do the Stretch It and Tone It exercises online at: www.youngwomenshealth.org/fitness. The last step toward getting your fitness program going is to add these activities into your weekly routine. Worksheet 3 will help you with planning and scheduling.