

# PE FUN

<b>Jump Rope Bell Jumps 14</b>	<b>Side Plank 1</b>	<b>Bands: Bent Over Row 15</b>	<b>Define Muscular Endurance 17</b>	<b>Sit-ups 12</b>
<b>Plank Position 16</b>	<b>Walking Lunges 3</b>	<b>Jump Rope Half Twister 13</b>	<b>Bands: Shoulder Shrug 19</b>	<b>Boat Pose 10</b>
<b>Reverse Crunches 18</b>	<b>Bands: Tricep Press 5</b>	<b>Speed Walk 11</b>	<b>Balanced Chair Pose 2</b>	<b>Define Flexibility 8</b>
<b>Bands: Bicep Curl 20</b>	<b>Define Anaerobic 7</b>	<b>Wall Sit 9</b>	<b>Jump Rope Skier 4</b>	<b>Macarena Push-Ups 6</b>

# PE FUN

<b>Jump Rope Bell Jumps 14</b>	<b>Side Plank 1</b>	<b>Bands: Bent Over Row 15</b>	<b>Define Muscular Endurance 17</b>	<b>Sit-ups 12</b>
<b>Plank Position 16</b>	<b>Walking Lunges 3</b>	<b>Jump Rope Half Twister 13</b>	<b>Bands: Shoulder Shrug 19</b>	<b>Boat Pose 10</b>
<b>Reverse Crunches 18</b>	<b>Bands: Tricep Press 5</b>	<b>Speed Walk 11</b>	<b>Balanced Chair Pose 2</b>	<b>Define Flexibility 8</b>
<b>Bands: Bicep Curl 20</b>	<b>Define Anaerobic 7</b>	<b>Wall Sit 9</b>	<b>Jump Rope Skier 4</b>	<b>Macarena Push-Ups 6</b>