

# Fit Sticks



- Jump rope
- Hula hoop
- Hop
- Jump
- Paddle a kayak
- Shoot baskets
- Tennis serve
- Baseball swing
- Baseball pitch
- Squat
- Lunge

- Half Jack
- Triceps stretch
- Biceps curls
- Punch
- Shoulder stretch
- Elbow to knee
- March
- Backstroke
- Breast stroke
- High Knees