

# Abdominales

★ Curl up and bring your shoulders off the floor until your palms are on top of your knees, then return to start.



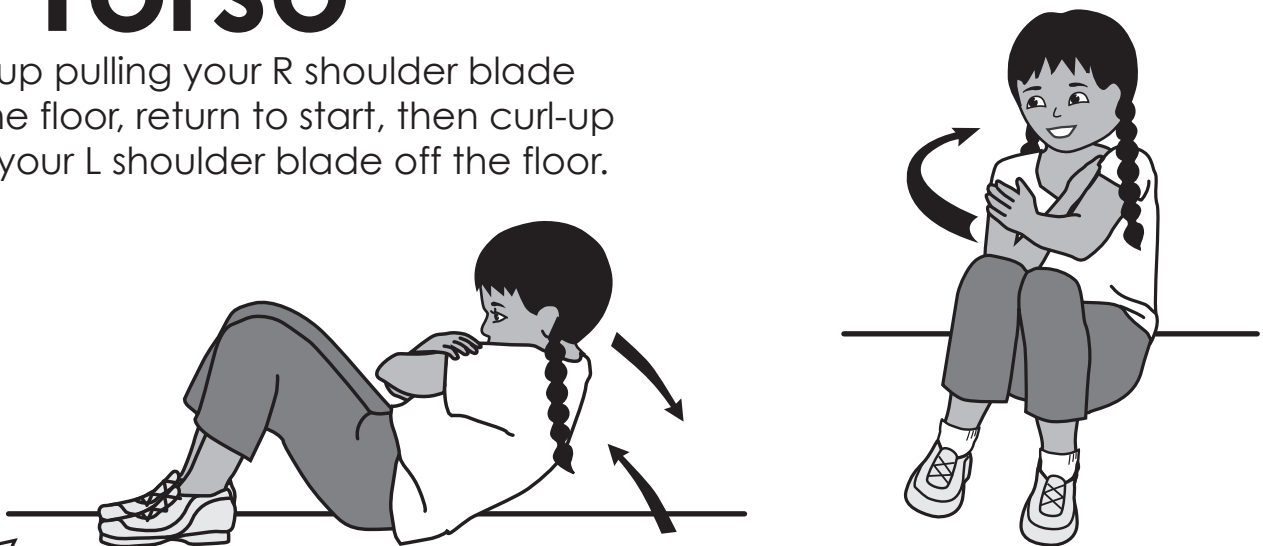
**BUILDING A FOUNDATION**

**FITNESS STATION**

★ Can you do them slowly?

# Abdominales Girando el Torso

★ Curl-up pulling your R shoulder blade off the floor, return to start, then curl-up with your L shoulder blade off the floor.



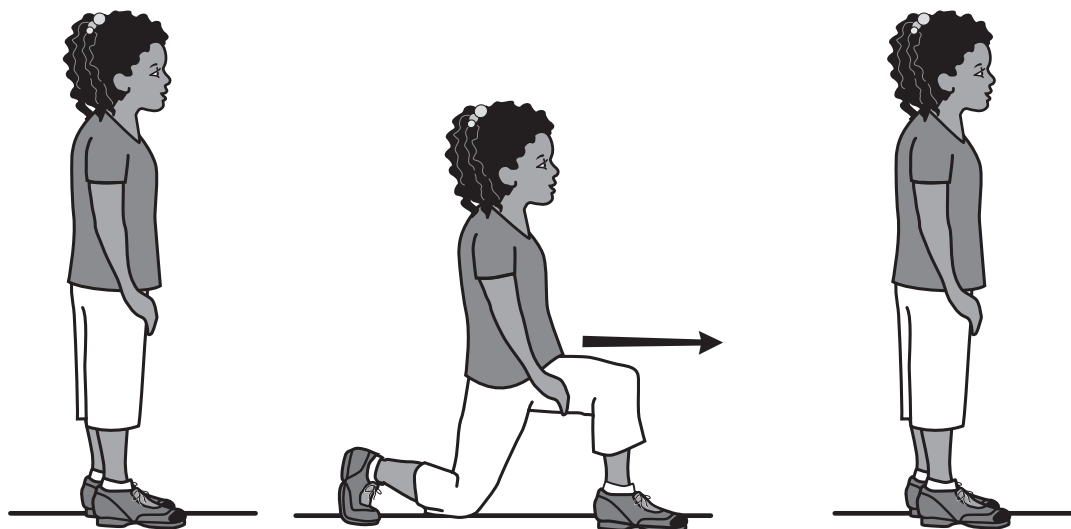
**BUILDING A FOUNDATION**

**FITNESS STATION**

★ Is one side easier than the other?  
★ Can you use perfect form?

# Pasos Extendidos Hacia Delante

★ Lunge forward then return to start. Keep your front foot slightly ahead of your front knee.

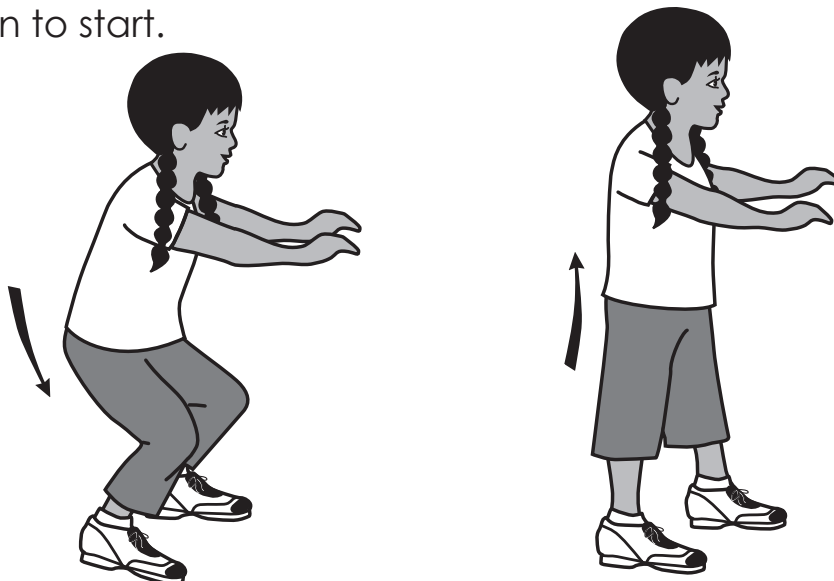


**BUILDING A FOUNDATION**  
**FITNESS STATION**

- ★ Can you hold your balance each time you lunge?
- ★ Alternate forward leg each time.

# Agacharse en Cucullas

★ Keep your feet wider than your shoulders. Bend your knees as though sitting in a chair, then return to start.

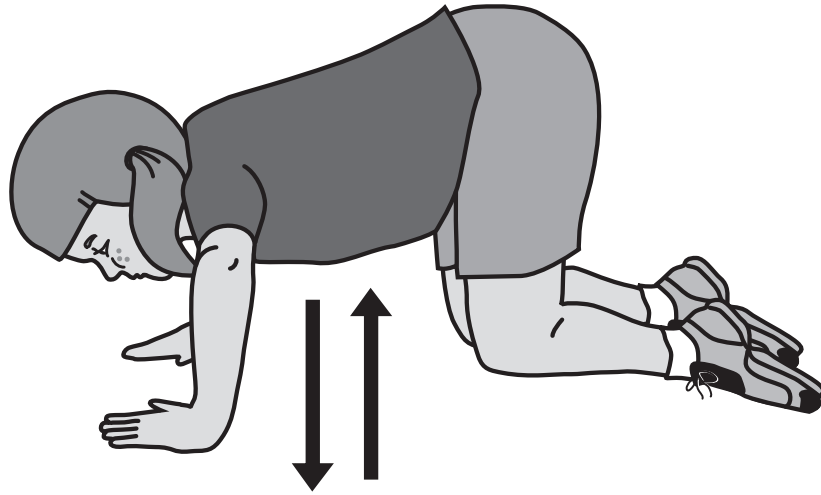


**BUILDING A FOUNDATION**  
**FITNESS STATION**

- ★ Can you do them slowly?

# Lagartijas Fáciles

- ★ On hands and knees. Keep your back flat and bend elbows deep, then return to start.

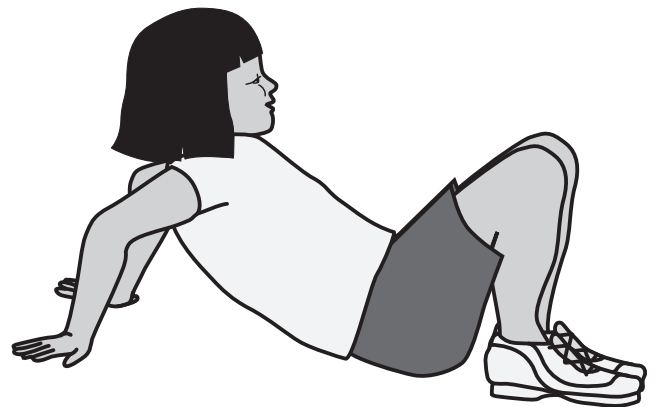
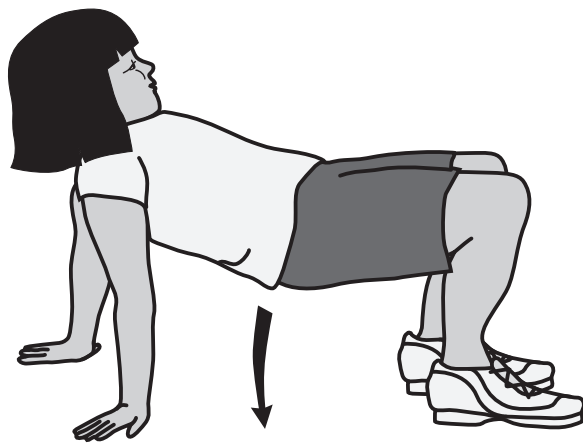


**BUILDING A FOUNDATION**  
**FITNESS STATION**

- ★ Can you make your elbows bend like the corners of a square?
- ★ Is your back flat?

# Baja Como un Cangrejo

- ★ Bend your elbows to dip your body lower to the floor.

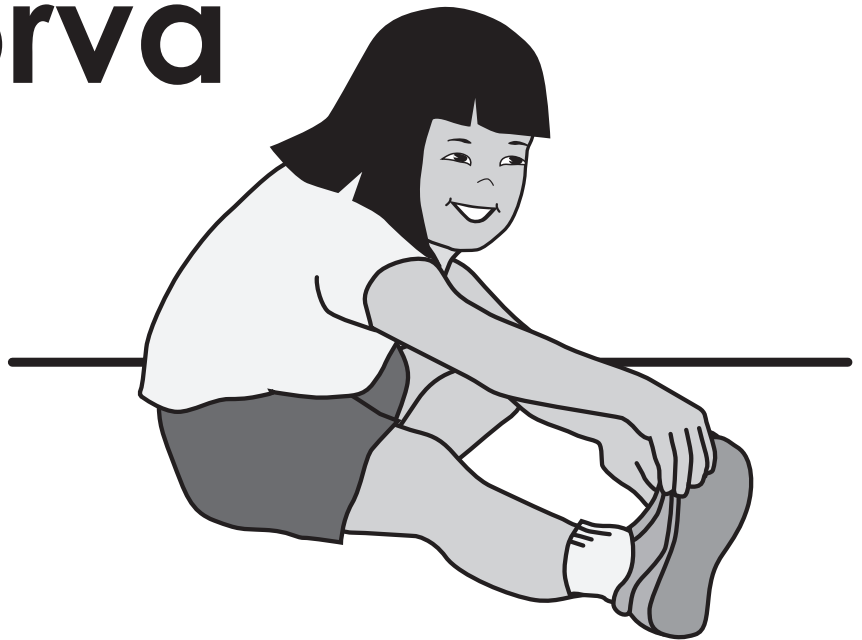


**BUILDING A FOUNDATION**  
**FITNESS STATION**

- ★ How many can you do using perfect form?

# Estirar el Ligamento de la Corva

★ Keeping one knee straight, bend the other so that foot touches the straight knee. Reach toward your toes. Hold. Repeat to the other side.



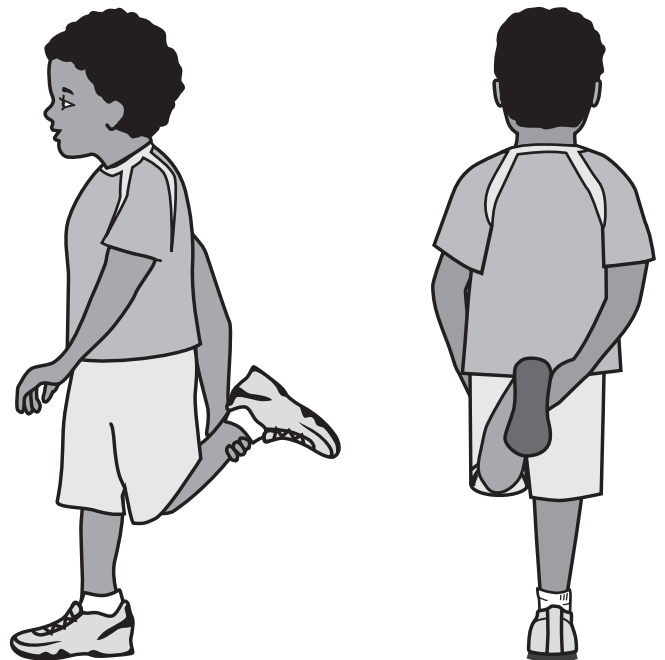
**BUILDING A FOUNDATION**

**FITNESS STATION**

★ How far can you reach?

# Estirar el Cuadriceps

★ Grab your L ankle behind you. Keep your L knee pointing down and pull your ankle gently in toward your backside. Hold. Switch legs.



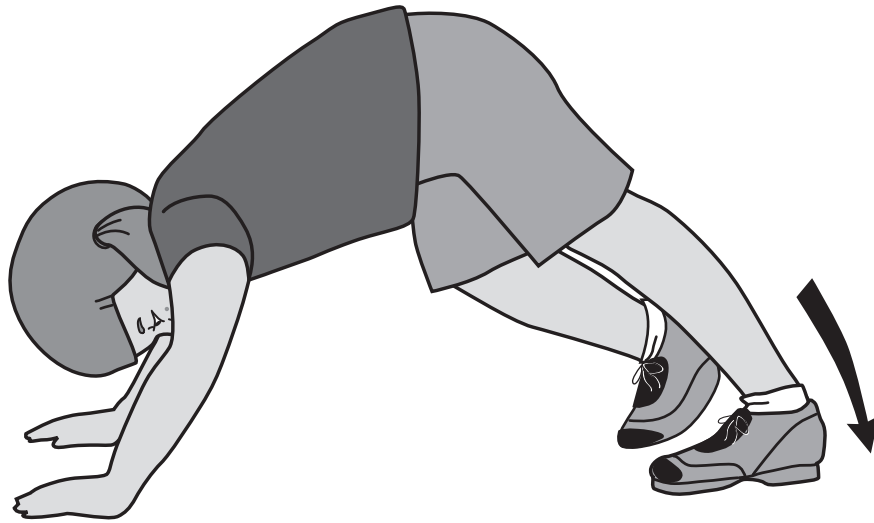
**BUILDING A FOUNDATION**

**FITNESS STATION**

★ Can you hold your balance on this stretch?

# Estirar la Pantorrilla

★ On your hands and feet in a big “V,” bend 1 knee while pressing the opposite heel toward the floor. Hold. Repeat to the other side.



**BUILDING A FOUNDATION**

**FITNESS STATION**

★ Where do you feel the stretch?

# Estirar la Parte Superior de la Espalda

★ Give yourself a big hug. Hold. Switch top hands.



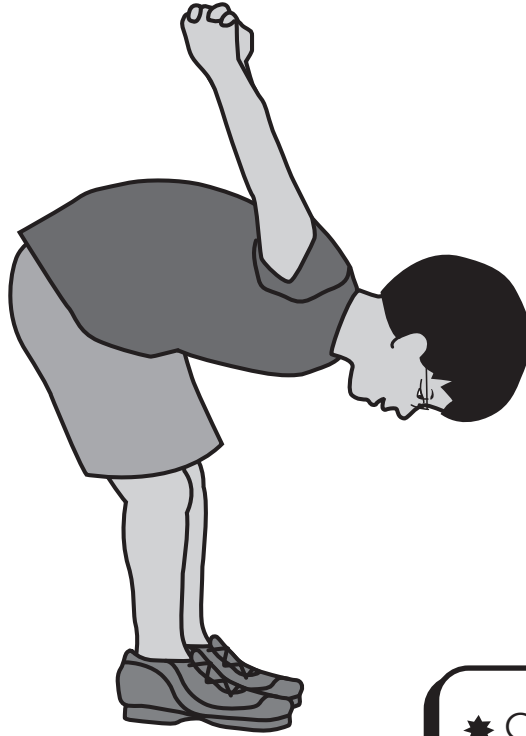
**BUILDING A FOUNDATION**

**FITNESS STATION**

★ Can you feel the stretch?

# Estirar los Pectorales

- ★ Grab your hands behind you and lean forward. Gently pull your hands upward. Hold.

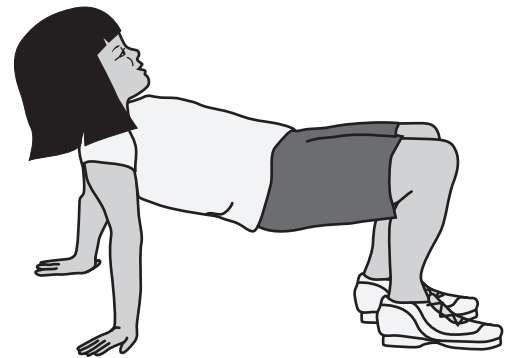
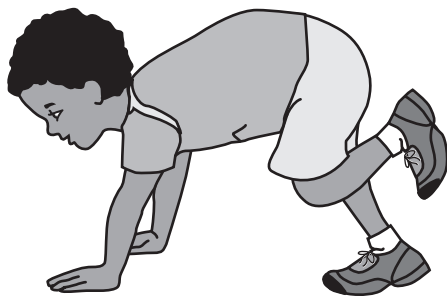


**BUILDING A FOUNDATION**  
FITNESS STATION

- ★ Can you feel the stretch?

# Otras Formas de Desplazo

Travel on body parts other than both feet.



**BUILDING A FOUNDATION**  
FITNESS STATION

- ★ How many different combinations of body parts can you come up with?

# Movimientos por el Aro

Move in and out of your hoop in different ways.



- \* Can you move in low space? High space?
- \* Can you move forward? Backward?

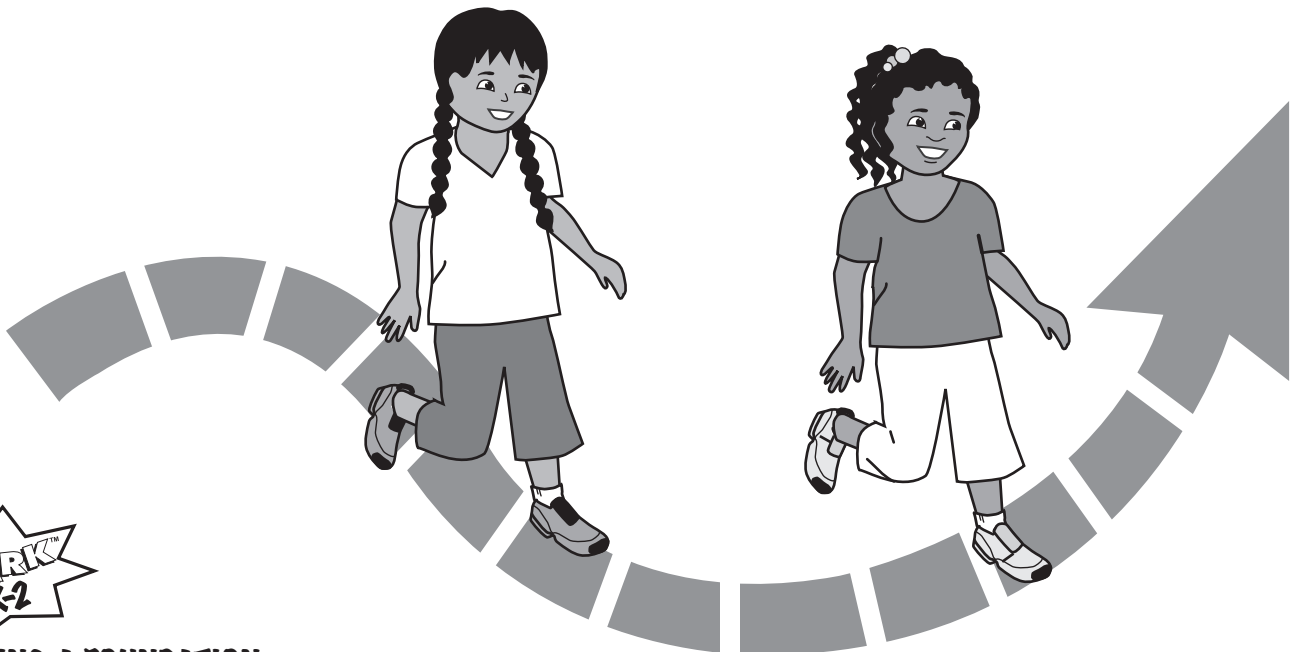
**SPARK™**  
K-2

**BUILDING A FOUNDATION**

**FITNESS STATION**

# Imita al Compañero

One of you is the Leader and the other follows. Copy your Leader's pathway, direction, and locomotor movement inside the activity area. Switch roles.



**SPARK™**  
K-2

**BUILDING A FOUNDATION**

**FITNESS STATION**