

Assessment Physical Fitness Session

Name _____

Using complete sentence with correct grammar, spelling and punctuation, explain each of the following exercises:

1. The bend and reach:

2. The rear lunge

3. The high jumper

4. The rower

5. The squat bender

6. The windmill

7. The forward lunge

8. The prone row:
9. The bent-leg body twist
10. The push up
11. The overhead arm pull
12. The extend and flex
13. The thigh stretch
14. The single-leg over
15. Laterals
16. The shuttle sprint