

Muscular Strength &

Muscular Endurance

Choice Board

Instructions: Pick **1 muscular strength** and **1 muscular endurance** exercise to complete. Use your age as the repetitions for each exercise. It's okay to repeat exercises from day to day.



Bicycle Crunches



Deep lunge



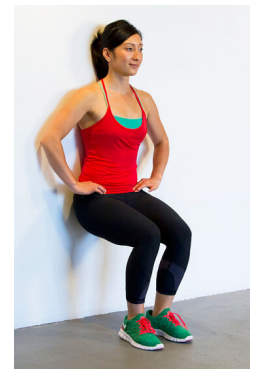
Lunges



Seated V



Dead Bug Toe Touches



Wall-Sit



Burpees



Crab kicks



Spider Push-ups



Side Plank



Chair Pose



Standing T



Plank from Hands



Mountain Climbers



Squats

For each day you participated in the Choice Board, give yourself a check mark!

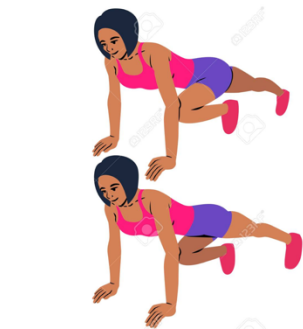
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

SPOILER ALERT

Adults: Check this sheet to see how the exercises are categorized into **muscular strength** and **muscular endurance**.

MUSCULAR STRENGTH:
Muscles pushing or pulling
with total force

- Bicycle Crunches
- Lunges
- Dead Bug Toe Touches
- Burpees
- Crab Kicks
- Spider Push-ups
- Mountain Climbers
- Squats



MUSCULAR ENDURANCE:
Holding a position without
stopping to rest.

- Deep lunge
- Seated V
- Wall-sit
- Side Plank
- Chair Pose
- Standing T
- Plank from Hands

