### Aerobic Strength Training Flexibility Training

**Name:** ______________________________

*(Circle Your Answer)*

1. **Swimming**  
   Aerobic  
   Strength  
   Flexibility

2. **Push-ups**  
   Aerobic  
   Strength  
   Flexibility

3. **Forward lunge stretch**  
   Aerobic  
   Strength  
   Flexibility

4. **Leg squats**  
   Aerobic  
   Strength  
   Flexibility

5. **Playing basketball**  
   Aerobic  
   Strength  
   Flexibility

6. **Pull ups**  
   Aerobic  
   Strength  
   Flexibility

7. **Side lunge stretch**  
   Aerobic  
   Strength  
   Flexibility

8. **Abdominal crunches**  
   Aerobic  
   Strength  
   Flexibility

9. **Soccer**  
   Aerobic  
   Strength  
   Flexibility

10. **Rowing**  
    Aerobic  
    Strength  
    Flexibility

11. **Knees to chest stretch**  
    Aerobic  
    Strength  
    Flexibility