

# PATTERN FITNESS 1.0

**Directions:** Complete the pattern by performing the exercise that is missing in each row and labeled with the "?".



25  
WINDMILLS



JOG  
2 LAPS



30 SECOND  
STRETCH



25 JUMPING  
JACKS



15 SQUATS



15 SECOND  
LEG STRETCH



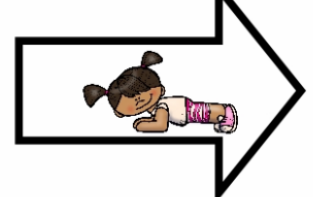
10 PUSH-UPS



15 SECOND  
LEG STRETCH



10 SIT-UPS



30 SECOND  
PLANK

