

Activity Cards using PFA (CUT AND PASTE BELOW FOR SIGNS)

## 1 Pole Climb or 5 Jump and pulls

- 15 step ups
- 1 horizontal ladder trip
- 10 vaults
- bent arm hang as long as you can hold
- 15 sit ups
- 10 push ups on the sit up bench
- Go the length of the parallel bars using your hands to support you
- 2 horizontal ladder trips
- 15 modified pull ups, hands on top of the bar
- Do the exercises on the PFA warm up sign
- Do the cool down exercises on the PFA sign

GO GO GO GO GO

GO GO GO GO GO