

Examples of Types of Exercises For All Ages

Cardiovascular Endurance	Muscular Strength/Endurance	Flexibility	Sports Skills/Leisure Games
Walking	Squats (Body Weight)	Child's Pose	Throwing/Catching (different types of balls, frisbee, bean bags etc.)
Running	Lunges (Standing/Walking)	Cobra Pose	Dribbling (Soccer, Basketball etc.)
Hopping	Squat Jumps	Toe Touch (Standing/Seated)	Shooting (Soccer, Basketball, Lacrosse, etc.)
Jumping	Wall Sits	Downward Dog	Passing (Volleyball, Football, Lacrosse, etc.)
Skipping	Side Leg Raises	Overhead Arm Stretch	Shooting (Soccer, Basketball, Lacrosse, etc.)
Galloping	Sit-Ups	Crossbody Shoulder Stretch	Soccer
Sliding	Plank	Tricep Stretch	Basketball
Leaping	V-Sit	Hip Fletcher Stretch (Lunge)	Lacrosse
Swimming	Mountain Climbers	Butterfly Stretch	Football
Cycling	Burpees	Straddle Stretch	Baseball/Softball
Dancing	Russian Twist	Quad Stretch	Volleyball
Trampoline-ing	Push Ups	Standing Calf Stretch	Lacrosse
Boxing/Kick Boxing	Pull Ups	Hamstring Stretch	Corn Hole
Hula Hooping	Dips (Chair)	Knees to Chest Stretch	Spikeball
Jumping Rope	Bear Crawl	Side Oblique Stretch	Can Jam
Stair Climbing	Crab Walk	Side Lunge Stretch	Ping Pong
Cardiovascular Endurance - any exercise that gets the heart rate up and keeps it up for a prolonged period of time.	Muscular Endurance - ability to perform a specific muscular action for a prolonged period of time. Muscular Strength is a muscle's capacity to exert maximal force against resistance.	Flexibility - ability to move a joint or group of joints effectively through a complete range of motion.	Playing/Practicing any sports or leisure games or skills.