



Date: _____

The _____ Family's Play Bank

<u>STRENGTH / RESISTANCE</u>	<u>CARDIO/AEROBIC</u>	<u>STRETCHING</u>	<u>BALANCE</u>	
<u>BACK</u>	<u>INDOOR</u>	<u>BACK</u>	<u>STATIC POSES</u>	
<u>CHEST</u>		<u>CHEST</u>		
<u>LEGS</u>		<u>LEGS</u>		
<u>ARMS</u>	<u>OUTDOOR</u>	<u>ARMS</u>		<u>DYNAMIC</u>
<u>SHOULDERS</u>		<u>SHOULDERS</u>		
<u>ABS</u>		<u>ABS</u>		