

**PREPARE YOURSELF
TO DO YOUR BEST
WITH THE**

TERRIFIC TEN



leadership skills through the martial arts

1. JUMPING JACKS	6. ALTERNATING LUNGES
2. CRUNCHES	7. STANDING STRETCH
3. PUSH UPS	8. SITTING STRETCH
4. ARM CIRCLES	9. BUTTERFLY STRETCH
5. BALANCE STRETCH	10. STRADDLE STRETCH