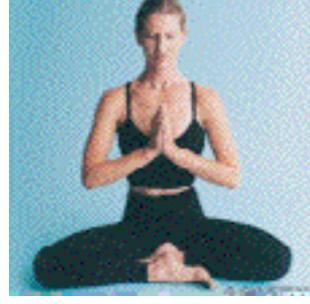
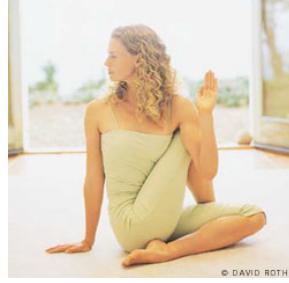


Fitness Component	Exercise/Pose/ Position	Picture
Flexibility	<p><b>Salutation Seal</b> Hold for 10 to 15 seconds.</p>	
Flexibility	<p><b>Half Lord of the Fishes</b> Hold for 5 to 10 seconds.</p>	
Muscular Endurance	<p><b>Wall sits</b> Hold until you get tired, time yourself and try to hold it longer the next time.</p>	
Muscular Strength	<p><b>Sit-ups</b> Do 2 to 3 sets of 5 to 10 reps (repetitions).</p>	
Cardiovascular/Aerobic Endurance	<p><b>Jumping jacks</b> Do 2 to 3 sets of 10 to 15 reps.</p>	