

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