

# ADAPT

# ABCs™

GRADES 9-12

ACTIVITY BASED CURRICULUM

## Movement Critical to Development

- ▶ Muscular Health
- ▶ Bone Density
- ▶ Joint Tracking
- ▶ Metabolism

### STANDING ELBOW CURL



1

20X

### SPREADFOOT REVERSE PULLOVER



2

20X

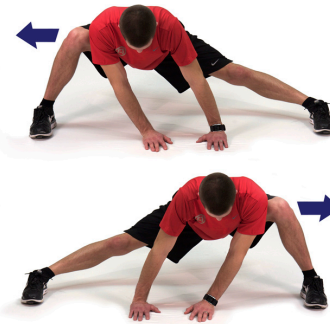
### STANDING ROTATIONAL STORK



3

10X each leg

### SPREADFOOT GLIDE



4

10X each leg

### OVERHEAD EXTENSION LUNGE



5

10X each leg

### ACTIVE TWIST



6

10X each leg

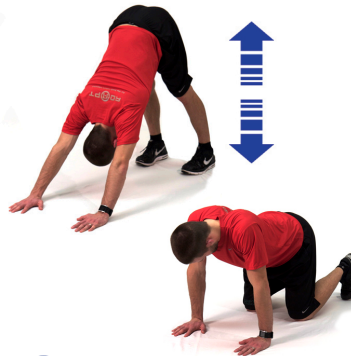
### ACTIVE TRICEP BRIDGE



7

20X

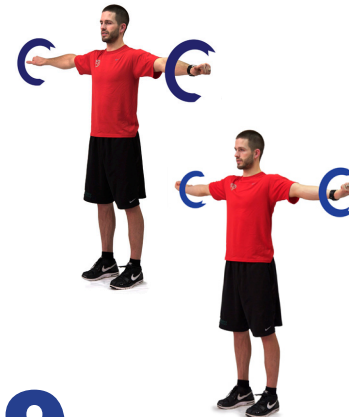
### DOWNWARD DOG SQUATS



8

20X

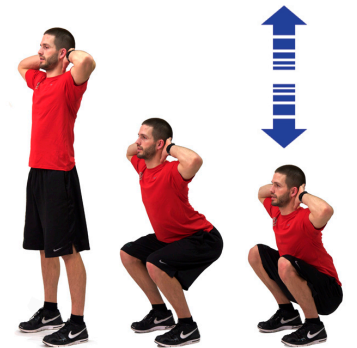
### ARMS CIRCLES



9

20X each direction

### FULL SQUATS



10

10X

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