

APPENDIX 20 Be Fit, Lithuania



1 minute for rest

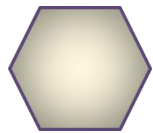
1 minute for rest



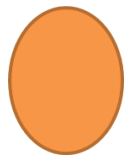
15 situps



20 squats



Skipping with a rope (30 times)



10 races lasting for 5 minutes to and fro



10 pushups



5 throws into the basket



Throwing a volley ball into the wall and catching it (10 times)



Jumping up from the knee-bend (10 times)



30s. „Plank“