**KIN 245- FINAL REVIEW**

**BODY STRENGTHENING AND CONDITIONING:**

* **What are five total body strengthening and conditioning calisthenics?** 
  + Jumping Jacks, Jumping rope, High knees, A-skips, Squat down- Criss cross, Inchworms, Woodchoppers, Body Weight Squats, Mountain Climbers, Bear Crawls, Attacking Lunges, Burpees
* **What are five exercises for the upper body:**
  + Pushups, Rows, Shoulder Raises, Shoulder Presses, Bicep Curls, Tricep Pushbacks
* **What are five exercises for the lower body:**
  + Squats, Front or Back Lunges, Side Lunges, Single-Leg Toe Touch, RDL’s, Back/Glute Bridge
* **What are five exercises for the abs and low back (core area):**
  + Sit-ups, crunches, supermans, face down planks, side planks, bicycles, V-ups, back/glute bridge, face down plank to hands plank, alternating supermans

**NUTRITION:**

* **How much water should you drink a day?** 
  + ½ your body weight in ounces
* **What is the most important meal of the day and what should it include?**
  + Breakfast & at least 20 grams of protein

**CIRCUIT TRAINING:**

* **Design a sample circuit training workout:**
  + **12 stations**
  + **30-90sec. each exercise (or certain number of reps)**
  + **with designated rest (0-90sec.)**
  + Use calisthenics, upper body, lower body, and core exercises spread throughout the workout.