

Component Video Demonstration Links

20 Meter Shuttle Video Demonstration (Aerobic Capacity Component):

<https://www.youtube.com/watch?v=a2-tCF6Y-8w>

Back Saver Sit and Reach Video Instructions (Flexibility Component):

<https://www.youtube.com/watch?v=gYB6HN8Q5bg>

Curl-Up Video Instructions (Abdominal Strength Component):

<https://www.youtube.com/watch?v=Hs2aOaIF9VY&t=1s>

Mile Run Video Instructions (Aerobic Capacity Component):

<https://www.youtube.com/watch?v=SMq0IMtSx1Q>

Push-Up Video Instructions (Muscular Strength Component):

<https://www.youtube.com/watch?v=riwVI9qMlgs&t=9s>

V-Sit Video Instructions (Flexibility Component):

<https://www.youtube.com/watch?v=fNq6L4Mw ls>