

ADAPT

ABCs™

ACTIVITY BASED CURRICULUM

GRADES 9-12

Movement Critical to Development

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

STANDING ELBOW CURL



1

20X

SPREADFOOT REVERSE PULLOVER



2

20X

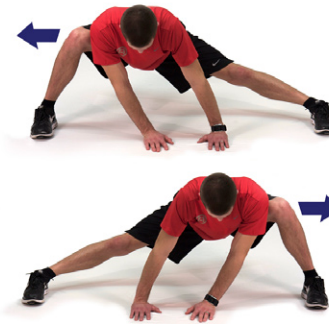
STANDING ROTATIONAL STORK



3

10X each leg

SPREADFOOT GLIDE



4

10X each leg

OVERHEAD EXTENSION LUNGE



5

10X each leg

ACTIVE TWIST



6

10X each leg

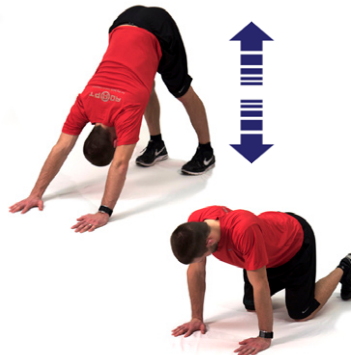
ACTIVE TRICEP BRIDGE



7

20X

DOWNWARD DOG SQUATS



8

20X

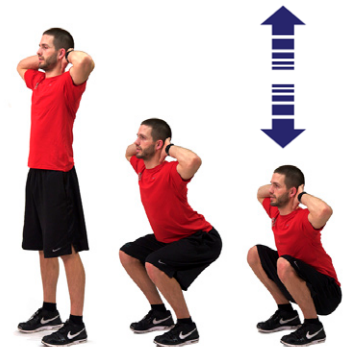
ARMS CIRCLES



9

20X each direction

FULL SQUATS



10

10X

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