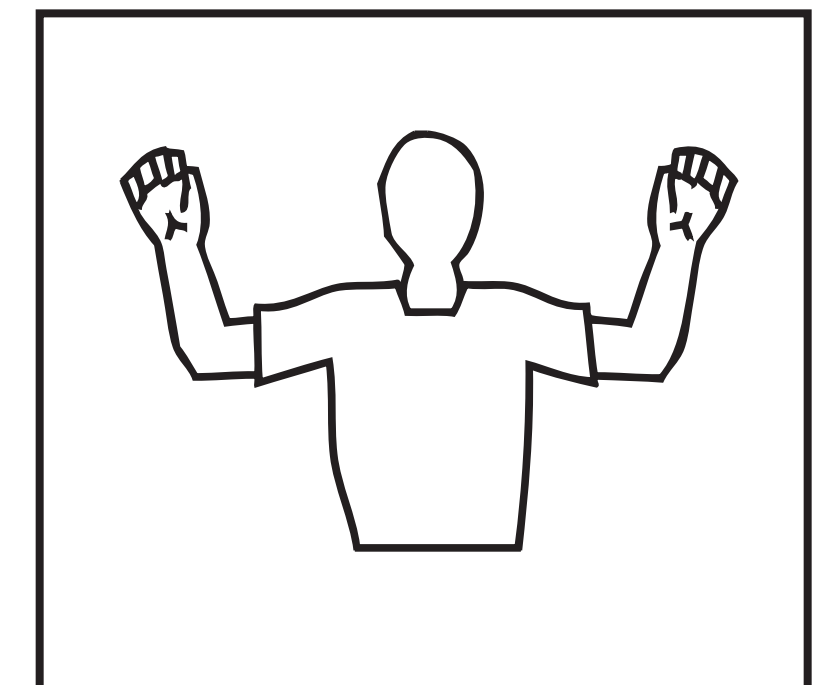


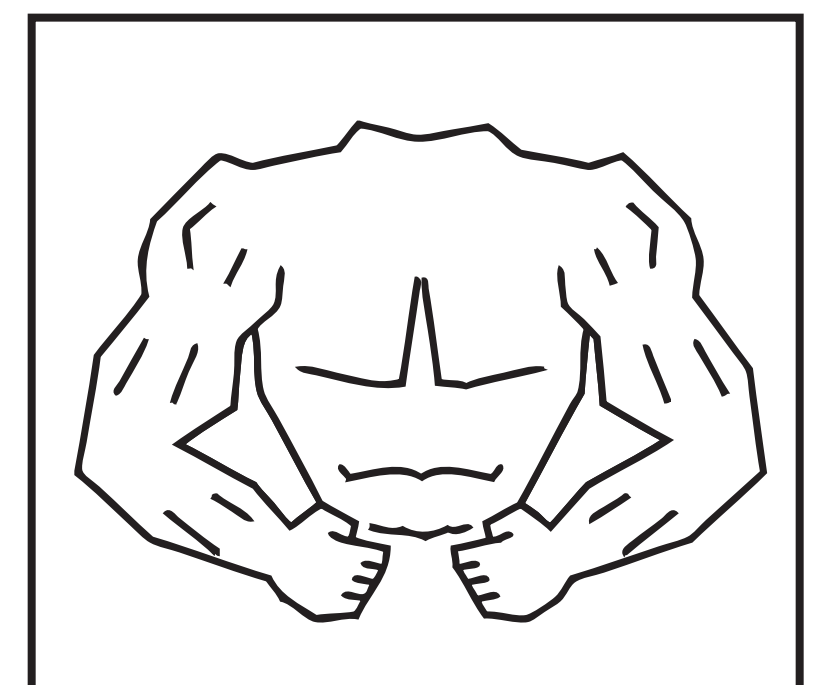
# BOX FOR MUSCLE STRENGTH, COORDINATION & AGILITY! -THE BOXING STATION-



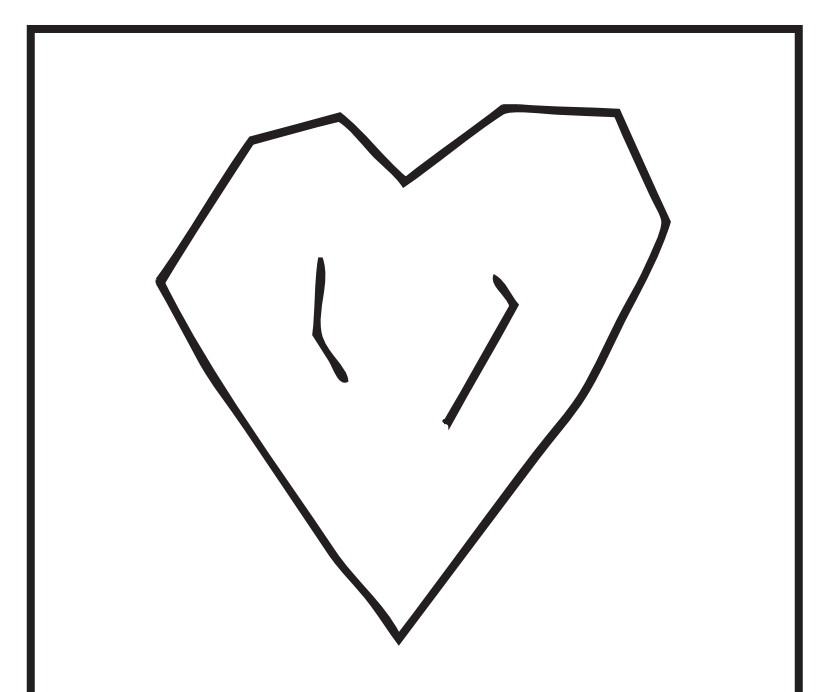
## Muscles, Systems & Skills



Upper Body



Muscle Strength



Cardio

Two players work out with a heavy bag and targets in this strength building workout. Speed, agility and coordination are essential at this station.

A gym is the backdrop at this boxing station, which uses the trapezius, deltoid, pectoralis, bicep, abdominal, hamstring, quadricep and tricep muscles. Players use coordination and agility to hit targets and a heavy bag while getting a great cardio workout.

### The Boxing Station is in alignment with the following Physical Education and Health Learning Standards:

- Understand the relationship between physical activity and individual well being
- Understand the effects of activity on the body, the risks associated with inactivity, and the basic components of health-related fitness (cardiovascular, muscle strength, muscle endurance, flexibility and body composition)
- Develop physical fitness skills through regular practice, effort and perseverance

### Related Sports & Activities

Push Ups  
Swimming  
Aerobics  
Martial Arts

