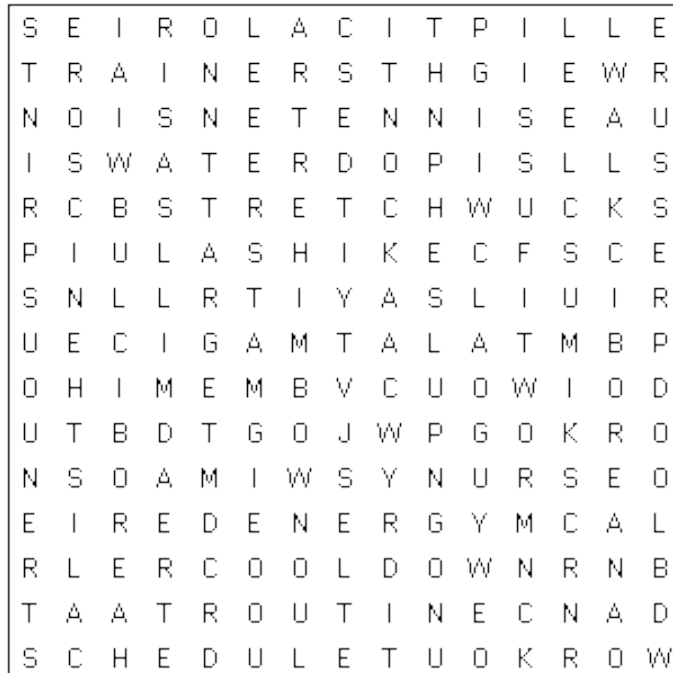


# AZAHPERD

Exercise

[azahperd.org](http://azahperd.org)

Arizona Association of  
Health  
Physical Education  
Recreation and  
Dance



AEROBIC	ENERGY	ROW	TENNIS
ANAEROBIC	FIT	RUN	TENSION
BLOOD PRESSURE	GOAL	SCHEDULE	TRAINER
BMI	GYM	SKI	TREADMILL
CALISTHENICS	HIKE	SPRINT	WALK
CALORIES	IPOD	STAIRS	WARM UP
CARDIOVASCULAR	JOG	STRENUOUS	WATER
CLUB	MAT	STRETCH	WEIGHTS
COOL DOWN	MUSCLE	SWEAT	WORKOUT
DANCE	PULSE	SWIM	YMCA
ELLIPTICAL	ROUTINE	TARGET	YWCA

