



To order a Strive kit for your event, email Monica Forquer at monicaforquer@gmail.com

CONTENTS

#	Materials	Exercises
3	Mats	<i>Sit and Reach, Push-Ups & Plank</i>
1	Scales or Portable Weighing Station	<i>BMI</i>
4	Stop Watches	<i>One Leg Stand, Plank, 5-10-5, Sit and Stand, Isometric Push-Ups</i>
2	Duct & Painters Tape	<i>Broad Jump, 5-10-5</i>
5	Measuring Tapes	<i>BMI, Broad Jump, 5-10-5, 20m Shuttle Run, Seated Medicine Ball Throw</i>
7	Cones	<i>5-10-5 (3) and 20m Shuttle Run (4)</i>
1 set	Stone Markers	<i>Broad Jump</i>
2	Black & White Flags	<i>20m Shuttle Run</i>
2	Medicine Balls (2 lbs. & 4 lbs.)	<i>Seated Medicine Ball Throw</i>
1	Sit & Reach Box (assembly required)	<i>Sit and Reach</i>
2	Dowel Rods	<i>Plank & Push-Ups</i>
1	Anti-Bacterial Wipes	
2	Strive Banners	
20	Clip Boards /Laminated Station Instructions	
1 set	Station Signage (12)	
	Assessment Sheets (Pads of 200 Each)	
various	Coaches Corner Educational Material	
	Giveaway items <i>drawstring bag, rally towel, headband, water bottle</i>	
1	Instructional DVD*	