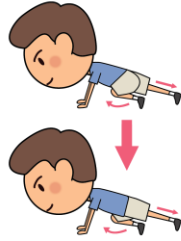


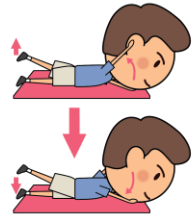
年輕人可依個人健康體能狀況，循序漸進避免運動傷害，
維持健康好體力，增強防護力。



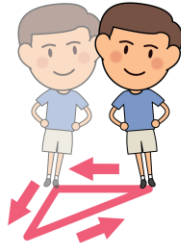
●登山式



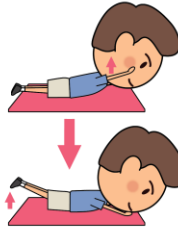
●雙腳左右跳



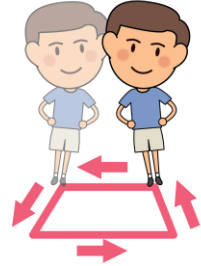
●俯臥手腳交替擺動



●三角形跳



●俯臥上、下肢交替上抬



●正方形跳



燃脂運動

(<https://health99.hpa.gov.tw/material/6902>)