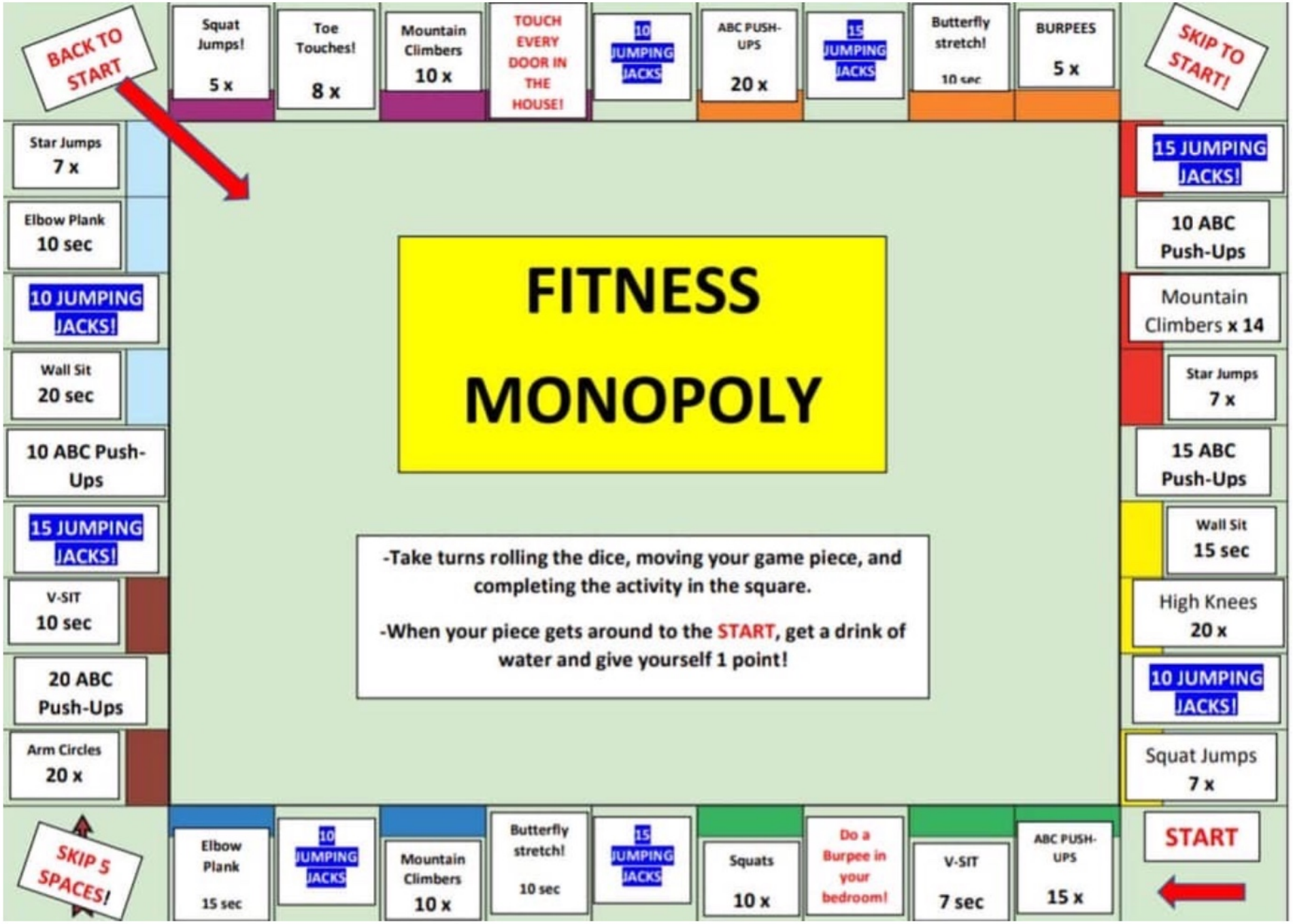
BACK TO START
Squat Jumps! 5 x
Toe Touches! 8 x
Mountain Climbers 10 x
TOUCH EVERY DOOR IN THE HOUSE!
10 JUMPING JACKS
ABC PUSH-UPS 20 x
15 JUMPING JACKS
Butterfly stretch! 10 sec
BURPEES 5 x
SKIP TO START!
Star Jumps 7 x
Elbow Plank 10 sec
10 JUMPING JACKS!
Wall Sit 20 sec
10 ABC Push-Ups
15 JUMPING JACKS!
V-SIT 10 sec
20 ABC Push-Ups
Arm Circles 20 x
FITNESS MONOPOLY
-Take turns rolling the dice, moving your game piece, and completing the activity in the square.
-When your piece gets around to the START, get a drink of water and give yourself 1 point!
15 JUMPING JACKS!
10 ABC Push-Ups
Mountain Climbers x 14
Star Jumps 7 x
15 ABC Push-Ups
Wall Sit 15 sec
High Knees 20 x
10 JUMPING JACKS!
Squat Jumps 7 x
SKIP 5 SPACES!
Elbow Plank 15 sec
10 JUMPING JACKS
Mountain Climbers 10 x
Butterfly stretch! 10 sec
15 JUMPING JACKS
Squats 10 x
Do a Burpee in your bedroom!
V-SIT 7 sec
ABC PUSH-UPS 15 x
START