

**Squat Jumps!**

**BURPEES**

**Toe Touches!**

**Butterfly stretch!**

**ABC PUSH**

**UPS**

**Mountain Climbers 10 x**

**TOUCH EVERY DOOR IN**

**THE HOUSE!**

**BACK TO**

**START**

**SKIP TO START!**

**JUMPING JACKS**

**JUMPING JACKS**

**5 x**

**5x**

10 sec

**8x**

**20 x**

**Star Jumps**

**7x**

**15 JUMPING**

**JACKS!**

**Elbow Plank**

**10 sec**

**10 ABC Push-Ups**

**10 JUMPING**

JACKS!

Mountain Climbers x 14

**FITNESS MONOPOLY**

**Star Jumps**

**Wall Sit 20 sec**

**7 x**

**10 ABC Push**

**Ups**

**15 ABC Push-Ups**

**15 JUMPING**

**JACKS!**

**Wall Sit 15 sec**

-Take turns rolling the dice, moving your game piece, and

**completing the activity in the square.**

**V-SIT 10 sec**

High knees

**20 x**

**- When your piece gets around to the START, get a drink of**

**water and give yourself 1 point!**

**20 ABC Push-Ups**

**10 JUMPING**

**JACKS!**

**Arm Circles**

**20 x**

Squat Jumps

**7x**

**Butterfly stretch!**

**START**

**SKIP 5 SPACES!**

**Elbow Plank**

**ABC PUSH**

**UPS**

**JUMPING JACKS**

**JUMPING JACKS**

**Squats**

**Mountain Climbers**

**10 x**

Do a Burpee in

**your bedroom!**

V-SIT

**10 sec**

**15 sec**

**10 x**

7 sec

**15 x**