

❖	G	Y	M	❖
Go on a walk around your yard 3 times	Do 52 jumping jacks	Do 10 burpees	Do 25 high knees	Do 25 butt kicks (25 per leg)
Do 10 squats	Do 20 sit ups	Run 3 laps of your yard	Go for a walk around the block with an adult	Jump as high as you can 10 times
Do a somersault	Dance for 2 minutes	FREE SPACE	Time how long you can balance on your LEFT foot	Make arm circles for 50 seconds
Army crawl from one side of a room to the other and back	Time how long you can balance on your RIGHT foot	Do 3 somersaults back to back—start over if you mess up one	Do a cartwheel	Do a wall sit for 2 minutes
Do walking lunges down a hallway in your home and back 3 times	Do 10 star jumps	Hop on your left foot for 1 minute	Hop on your right foot for 1 minute	Do 15 superman's

