

DO 16 (8 R/8 L) WALL SIT LEG KICKS

DO 14 LUMBERJACK SQUATS

WALK FORWARD 10 STEPS THEN BACKWARD 10 STEPS IN SQUAT POSITION

DO 13 PUSH-UP POSITION WALK OUTS

DO 6 SPIDERMAN PUSH-UPS (3 RIGHT, 3 LEFT)

DO 7 - 1 HANDED LYING ON YOUR BACK GET UPS

DO 21 CROSS COUNTRY SKIER JUMPING JACKS

DO 17 SQUAT SIDE TO SIDE (DOWNHILL) SKI JUMPS

DO 30 CRAB POSITION HAND TO OPPOSITE KNEE SLAPS

DO 22 PUSH-UP POSITION HAND TO OPPOSITE FOOT SLAPS

DO 14 CRAB POSITION TO PUSH-UP POSITION ROLL OVERS

DO 18 SPEED SKATERS (SIDE TO SIDE)

HOOK ANKLES WITH A PARTNER AND DO 15 SIT-UPS WITH A R HIGH 5/L HIGH 5

DO 14 BUTTERFLY SIT-UPS (SOLES OF YOUR FEET TOGETHER)

DO 24 ALTERNATING KNEE TO CHEST GRABS (LYING ON BACK)

DO A SET OF ROMAN SALUTE ALPHABET PUSH-UPS (HAND TO OPPOSITE SHOULDER SLAP)

DO 12 MARCHING PUSH-UPS (DO 1 PUSH-UP...MARCH FORWARD WITH R HAND, L HAND)

DO 9 PLANK-UPS/PLANK ELEVATORS (PLANK POSITION TO PUSH-UP POSITION)

DO 8 PLANK POSITION SPIDEMAN TOUCHES (KNEE TO ELBOW)

DO 10 PUSH-UP POSITION BREAK DANCERS

DO 8 RIGHT TO LEFT PLANK ROLL OVERS

DO 12 PUSH-UP POSITION FOOT SCISSORS

FIND SOMEONE AS TALL AS YOU AND GET A DRINK OF WATER

DO 15 - 180 DEGREE TURN SQUAT JUMPS

DO 32 MOUNTAIN CLIMBERS

LYING ON YOUR BACK...DO 17 SNOW ANGELS

DO 24 KICK BACKS WHILE ON YOUR HANDS AND KNEES

FIND 6 PEOPLE TO DO 17 JUMPING JACKS/JILLS WITH YOU

GRAB A PARTNER AND RUN 2 LAPS AROUND THE OUTSIDE OF THE CLASS

RUN FOR 1 MINUTE DOING HEEL TO REAR END (BUTT) KICKS

DO 22 CRAB POSITION FOOT SWITCHES

DO 14 (7 R/7 L) SEATED STRAIGHT LEG OPPOSITE HAND TO TOE TOUCH

DO 14 REVERSE (STEP BACK) LUNGES

DO 12 WALKING LUNGES FORWARD

DO 4 RIGHT AND 4 LEFT THREADING THE NEEDLE SIDE PLANKS

Do 14 (7 R/7 L) PUSH-UP POSITION STRAIGHT LEG SWING OUTS

LYING ON YOUR BACK...DO 20 (10 R/10L) ALTERNATING KNEE HUGS

DO A 24 SECOND AIRPLANE BALANCE (24 ON R/24 ON L)

CRAB WALK FORWARD 10 STEPS/BACKWARD 10 STEPS...3 TIMES

DO ONE BURPEE FOR EVERY YEAR ALIVE (AGE OVER 25...DIVIDE BY 3)

FIND A STRAIGHT LINE...DO 40 FORWARD/20 BACKWARD CRISS CROSS WALKS

DO 50 ALTERNATING WALKING FOOT SLAPS (RIGHT HAND TO LEFT FOOT)

SHAKE HANDS WITH 7 PEOPLE AND TELL THEM TO "HAVE A GREAT DAY"!

POGO JUMP WITH 3 OTHER PEOPLE FOR ONE MINUTE

"JUMP THE CANDLE" (SIDE TO SIDE) 23 TIMES

DO 16 ALTERNATING SUPERMAN PUSH UPS (LIFT R LEG/L HAND FORWARD)

FIND A PARTNER YOUR SIZE AND HOLD AN AIR SEAT FOR A SLOW COUNT OF 30

SMILE FOR THE REMAINDER OF THIS ACTIVITY. DON'T LET ANYONE KNOW WHY!

DO THE MAXIMUM NUMBER OF PERFECT PUSH-UPS YOU CAN DO IN A ROW

DO 16 (8 EACH SIDE) HANDS AND KNEES ALTERNATING SIDE KARATE KICKS

14 STANDING KICKS - FORWARD, SIDE, AND BACK...ALTERNATING 7 EACH SIDE

ADD THE MONTH AND THE DAY TOGETHER AND DO THAT MANY BENT KNEE

SIT-UPS (IF THE TOTAL IS OVER 30...SPLIT IT IN HALF WITH A PARTNER)

LYING ON YOUR BACK, HUG BOTH KNEES TO CHEST FOR A SLOW 40 COUNT

DO THE TWIST (DANCE) WITH 2 OTHER PEOPLE FOR 40 SECONDS

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