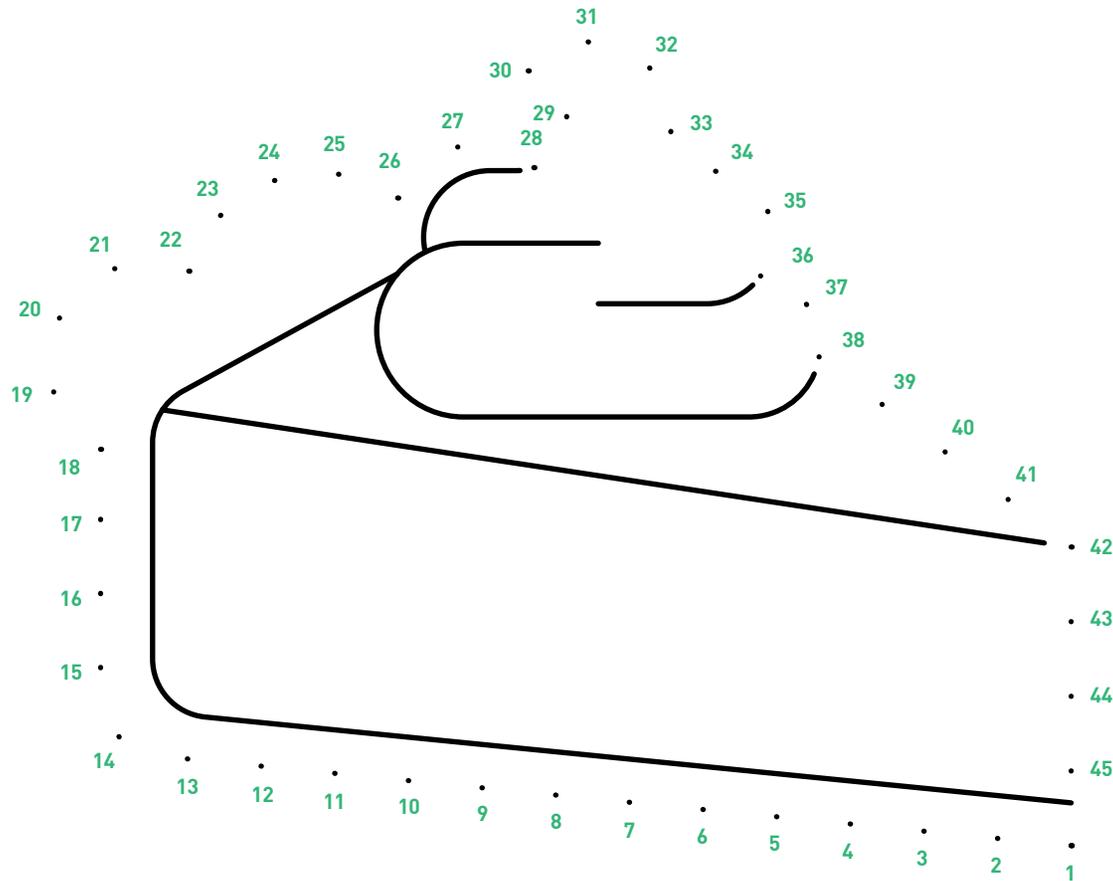


ACTIVITY #1: CONNECT THE DOTS

Directions:

Do each activity 10 times. Once you finish each number, connect the dots between the corresponding numbers.



Jump Rope | Dots 1-6

Pretend you have a jump rope in your hand and jump with both feet, or alternate as if you were jumping rope.

Elbow to Knee | Dots 7-14

Lift your left knee and touch it with your left elbow, then lift your right knee and touch your right elbow.

Mummy Kicks | Dots 15-20

Raise your arms parallel to the ground in front of you and kick your legs out quickly. Cross your arms over one another with each kick.

Side Lunges | Dots 21-26

Standing with both legs together, lunge to the left, bending your left knee while keeping your right leg straight. Repeat on the other side, completing five lunges on each leg to reach ten total.

Star Jacks | Dots 27-32

Squat, then jump as high as you can while spreading your arms and legs out wide like a star. Land in a squat position and repeat.

Squat Punch | Dots 33-39

Hold a squat position while punching your arms out in front of you.

Tire Jumps | Dots 40-45

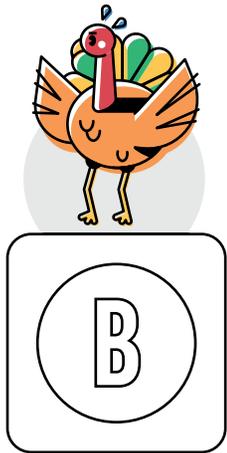
Jump while alternating your legs, as if you are jumping between two tires laying on the ground. Pump your arms to get more momentum and use up the last of your energy!



ACTIVITY #2: BINGO BURST

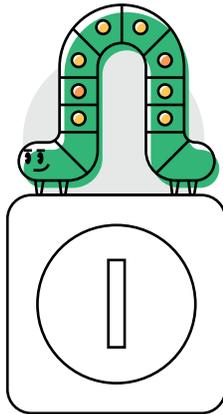
Directions

Perform activities that match each letter of the word BINGO for 30 seconds. Once you finish an exercise, color in the corresponding letter and then move on to the next exercise.



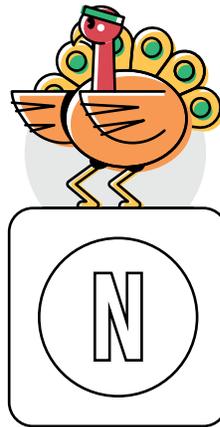
Burpees

Jump up and land in a squat, then jump out into a plank, and finally jump your feet toward your hands. Return to starting position.



Inchworms

Start standing and lower your torso down to walk your hands out into a plank. Walk your feet toward your hands, and alternate hands and feet just like an inchworm.



Narrow-Knee Squats

Stand with your feet together and squat down as if you're sitting in a chair. Repeat the movement until you've reached 30 seconds.



Gallop in a Circle

Lead with your left leg while dragging your right foot behind you to create some resistance. After 15 seconds, switch legs and go in the other direction.



Over the Hurdle

Imagine a hurdle in front of you that's about 3 feet tall. Take a running start and jump over it, leading with your right foot. Do this for 15 seconds before switching to lead with your left foot.

ACTIVITY #3: 100 POINT CHALLENGE

Directions

Ready for a fun and fast-paced challenge? First, choose how you'll play by picking one of the below methods. Once you choose how you'll play the game, you can score points by picking exercises from the chart below and marking them off once complete. At the end of the challenge, add up your points to see your score!

- 1 See how many points you can score in an hour. **Tip:** Go for the high-scoring activities to earn more points!
- 2 Challenge yourself to see if you can score the whole 100 points in a day. Little bursts of exercise can help you stay active and be more energized throughout the day.
- 3 Partner up and see how fast you can score 100 points together. Set a stopwatch and have someone call out the exercises to each of you.

CHALLENGES	PTS.	PTS. EARNED	CHALLENGES	PTS.	PTS. EARNED
1. Hop up and down on your right foot 10 times.	2		11. Do 30 Lunges.	6	
2. Hop up and down on your left foot 10 times.	2		12. Do 40 Step Ups.	6	
3. Raise heels off the floor 10 times, balancing on toes.	2		13. Do 40 Squats.	6	
4. Do 10 Crunches.	2		14. Do 40 High Knees.	6	
5. Do 10 Push Ups.	4		15. Hold a plank for 1 minute.	6	
6. Do 10 Burpees.	4		16. Jump 50 times, try to touch the sky.	6	
7. Do 20 Hip Lifts.	4		17. Do Fast Feet for 2 minutes.	6	
8. Balance in Tree Pose for 20 seconds each leg.	4		18. Do 30 Star Jumps.	7	
9. Do 20 Donkey Kicks.	4		19. Jump Rope 50 Times.	9	
10. Hold Superman pose for 1 minute.	4		20. Run in place for 5 minutes without stopping.	10	
			TOTAL	100	

