

FAMILY fitness challenge

10 JUMPING JACKS	Frog hop for 20 seconds	2 SETS OF 10 BICYCLE KICKS	Take a 10 minute jog	15 SQUATS
5 somersaults	6 BEAR CRAWLS	20 minute family walk	PLANK FOR 5 SECONDS	20 arm circles
WALL SIT FOR 3 MINUTES	Jump rope for 15 seconds	BALANCE ON ONE FOOT FOR 12 SECONDS	10 pushups	PLAY BASKETBALL FOR 20 MINUTES
3 yoga poses	25 HIGH KICKS	5 lunges	7 CARTWHEELS	jog in place 4 minutes
30 BUNNY HOPS	25 crunches	DANCE FOR 15 MINUTES	20 situps	RUN IN PLACE 3 MINUTES
18 leg lifts	BIKE RIDE 20 MINUTES	crab walk 3 times	DO A HANDSTAND	5 burpees

