Elkins Middle School
PE Snow Packet

1. **JUMPING JACKS**
   - 10 SEC REST
   - 20 SEC MOVE

2. **PUSH-UPS**
   - 10 SEC REST
   - 20 SEC MOVE

3. **CRUNCHES**
   - 10 SEC REST
   - 20 SEC MOVE

4. **BURPEES**
   - 10 SEC REST
   - 20 SEC MOVE

5. **HIGH KNEES**
   - 10 SEC REST
   - 20 SEC MOVE

6. **JOG IN PLACE**
   - 10 SEC REST
   - 20 SEC MOVE

Complete this card 3 times on 3/23/20