Elkins Middle School
PE Snow Packet

1. MOUNTAIN CLIMBERS 20
   10 SEC REST
   20 SEC MOVE

2. SQUATS 20
   10 SEC REST
   20 SEC MOVE

3. SIT-UPS 20
   10 SEC REST
   20 SEC MOVE

4. ARM CIRCLES 20
   10 SEC REST
   20 SEC MOVE

5. GROUND DIPS 20
   10 SEC REST
   20 SEC MOVE

6. WALL SIT 20
   10 SEC REST
   20 SEC MOVE

Complete 3 times on 3/24/20