



Elkins Middle School PE Snow Packet



**20
SKIER
JUMPS**

**12 PUSH
UPS**



**20
ARM CIRCLES**



**15 TRICEP
DIPS**

**R
E
P
E
A
T**

**20 VERTICAL
JUMPS**



**JOG
3 LAPS**



Do as many as possible (3/25/20)