

Pick Three

Directions: From the following nine boxes, you must pick THREE activities to complete. When you pick three activities, all three must be in a row, like tic-tac-toe! Please complete on 3/30/20 and have your parent check mark each space completed

Fitness Tic-Tac-Toe

<p>10 squats</p> <p>20 Jumping Jacks</p> <p>30 Second run in place</p>	<p>10 arm circles</p> <p>10 sit ups</p> <p>10 side to side jumps</p>	<p>10 High knees</p> <p>5 neck stretches</p> <p>20 second planks or jump rope 20 times</p>
<p>10 toe touches</p> <p>20 arm circles (10 forward/ 10 backward)</p> <p>30 second run in place</p>	<p>5 lunges left 5 lunges right</p> <p>10 jumping jacks</p> <p>30 second run, skip, or gallop</p>	<p>15 second butterfly stretch</p> <p>10 mountain climbers</p> <p>20 second plank or jump rope 20x</p>
<p>5 hops on right foot 5 hops on left foot</p> <p>5 burpees or jump rope 5x</p> <p>20 jumping jacks</p>	<p>15 second butterfly stretch</p> <p>10 mountain climbers</p> <p>20 arm circles</p>	<p>20 jumping jacks</p> <p>10 sit ups</p> <p>30 second run, skip, or gallop</p>