



- Do 10 dips - hands behind you on the couch (belly is facing up), feet on the ground, bend then straighten arms
- Bear walk with straight legs from one side of your house to the other 5 times
- Hold each split for 30 seconds (left & right)
- Use a stopwatch and hold “releve” (tip toes) as long as you can! Post your time in the comments!
- Do 15 donkey kicks - don’t tip over!
- Do 10 tuck jumps with a “stick, finish”
- Lay on your belly and lift up to “Superman” and hold for 30 seconds
- If you have a jump rope, see how many jumps you can do in 1 minute
- Find a strong “lunge” position and have someone try to tip you over
- Sit in a “pancake” (straddle and lay flat forward) and sing your favorite song!

JOURNAL: How long did this take you? How many times did you do it?! Was it fun?!

Or DRAW a picture!