

FUN FAMILY FITNESS

30 seconds	March In Place – Pump Your Arms
30 seconds	Jog/Run In Place – Pump Your Arms
25	Jumping Jacks
20	Push Ups (if needed modify position with knees on the floor)
20	Alternating Leg Kicks – reach arms out to touch toes
30 – 60 seconds	Plank
25	Squats
10	Burpees
25	Sit Ups
1 minute	March In Place



RECREATION, PARKS, & CULTURAL RESOURCES

FUN FAMILY FITNESS

Directions Roll the die and determine the exercise movement that corresponds with the number.

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|-----------------|-------------------------|
| Roll a 1 | 10 Push Ups |
| Roll a 2 | 20 Jumping Jacks |
| Roll a 3 | 30 High Knees |
| Roll a 4 | 10 Sit Ups |
| Roll a 5 | 20 Squats |
| Roll a 6 | 10 Lunges |



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1 minute Jump Rope in Place – (pretend to have a jump rope and make small circles with your arms)

1 minute Step Out Squats – (Step out with the right foot, squat, stand up, feet back together, step out with the left foot, squat, stand up, feet back together and repeat)

1 minute Static crunch – (hands behind head, elbows out, crunch up and hold, do not pull on neck)

Repeat starting with Jump Rope

1 minute Run in Place

1 minute Push Ups (modify with knees down if needed)

30 second Side Plank (right side)

Repeat starting with Run in Place

30 second Side Plank (left side)



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