



WOOHOO!

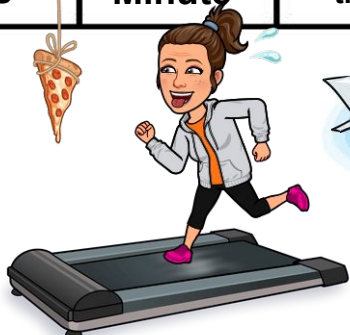


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8 <b>Burpees</b>	Uh oh! You sprained your ankle. Go back 5 spots	13 <b>Butterfly Sit Ups</b>	20 <b>Shoulder Taps</b>	Be a T-Rex and stomp around the room	<b>FINISH</b> You did it!	20 <b>Jumping Jacks</b>	
Yell "PE Rocks!" 3 Times	I ♥ PE	12 <b>Squat Jumps</b>	High Knees in place for :45 seconds	Donkey Kick 10 Times		Crab Walk Across the Room	15 <b>Crab Kicks</b>
12 <b>Butterfly Sit Ups</b>	Lay on your belly and hold a Superman for :45 seconds		12 <b>Squat Jumps</b>	Hop on 1 foot 25 times	Pretend to shoot the game winning shot in basketball!	Butterfly Stretch for :15 seconds	10 <b>Butterfly Sit Ups</b>
Pretend to bump, set, spike a volleyball for :30 seconds		15 <b>Jumping Jacks</b>	Feet apart and touch the floor for :10 seconds	Fist Bump everyone in your house right now!	8 <b>Push Ups</b>	Everyone have a dance party for 1 minute	10 <b>Squats</b>
10 forward and 10 backward arm circles	<b>BULLDOG FITNESS</b> <b>THE BOARD GAME</b>			10 <b>Push Ups</b>	Wall Sit 1 Minute	Imaginary Jump Rope 25 times	Bear Crawl Across the Room
Pretend you are a monkey for 30 seconds				8 <b>Star Jumps</b>	12 <b>Mountain Climbers</b>	Plank :45 seconds	5 <b>Burpees</b>

**Directions:**

- Each person should pick something in the house as their game piece such as a coin, paper clip, button, etc.
- Roll a die and move your game piece to that square and perform the assigned task. If you don't have a die, Google "roll a die" Ta da! You have one now!
- Be the first to reach the Finish! Woo hoo!



**If you are not sure how to do an exercise, Google or YouTube it!**

