



GET OUT AND MOVE!

WARM UP: do whatever you need to do to warm up those muscles!

1

Run to your mailbox
(or your neighbor's house)

20 LUNGES

Run Back

2

In your driveway
or open space:

BROAD JUMP

the width and
backwards run
back - 4x

3

50 Walking
LUNGES

4

SPRINT
to a tree and back
5x

5

Find the nearest
fire hydrant:

SQUAT JUMPS

25x

6

Find the nearest
stop sign:

JUMPING JACKS

25x

7

skip to the nearest
bench, large rock
or curb:

DIPS / PUSHUPS

25 of each

8

sprint back to
mailbox

BURPEES

5x

9

SKIP HOME

do 5 more burpees

10

find a step or
a curb and do

BOX JUMPS

or step up/down

25x