



# TAKE A WALK

Get outside today! Go on a walk/run/ride. Stop and complete each station along the way. Repeat as many times as you want! Have fun!

## STATION #1

10 Heismans  
20 Curtsy Lunges  
20 Dips  
20 Bicycles

**Sprint for 30 seconds**

## STATION #2

15 Star/Jumping Jacks  
15 Push ups  
20 Bunny Hops  
20 Mountain Climbers

**Sprint for 30 seconds**

## STATION #3

15 Burpees  
20 Walking Lunges  
25 Squats (\*jumps)  
30 second plank

**Sprint for 30 seconds**

## STATION #4

15 Plank Jacks  
20 Lunge Jumps  
20 Low Jacks  
10 Fwd. jump/run back

**Sprint for 30 seconds**