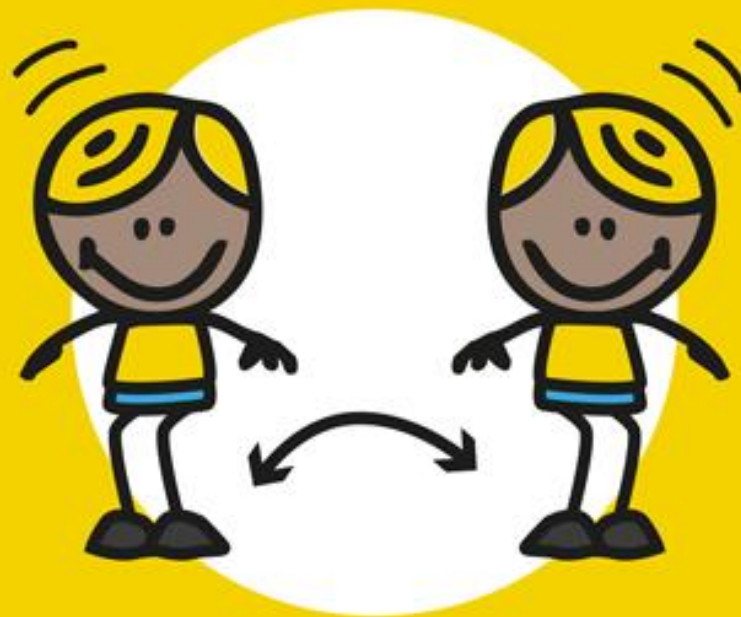


MOVE MORE ACTIVITIES

CAN YOU COMPLETE
THESE DIFFERENT
CHALLENGES.

TRY TO IMPROVE EACH TIME
YOU DO THEM.

How many side to side jumps
can you do in 1 minute?



Can you walk like a crab
using your feet and hands?



Can you do a Twin?



Can you do a Yoga Airplane Pose?



How many single leg hops
can you do in 1 minute?



Can you do a Yoga Tree Pose?



How many jumping jacks
can you do in 1 minute?



How many sit-up high 5's can you do with your partner?

