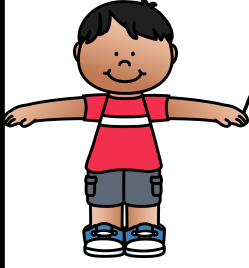




# Heads or Tails

1



Arm Circles  
x10

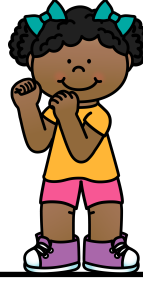


Jumping Jacks  
x10

2



Squats x10



Side Twists  
x10

3



Hop on 1  
Foot x10



Lunges x10

4



March x10

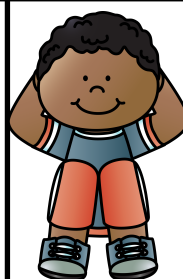


Toe Touches  
x10

5



Run in Place  
x10



Sit Ups x10

# UNO WORKOUT

Students can get their heart rate up by completing each exercise for each card. How many cards can you complete in 10 minutes?



**YELLOW:** Jumping Jacks

**RED:** Sit Ups

**BLUE:** Toe Touches

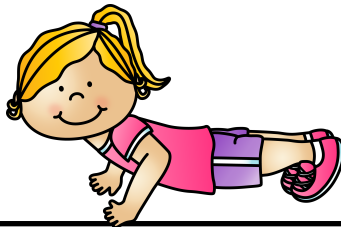
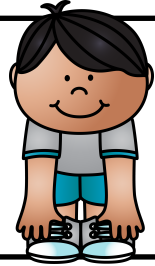
**GREEN:** SQUATS

**ACTION CARDS:** 10 of your  
Choice

# Roll a task: workout break



Touch your toes  
(hold for 15 seconds)



10 Push Ups



15 Sit-Ups



20 Jumping Jacks



Run in place  
(Count to 30)



15 squats

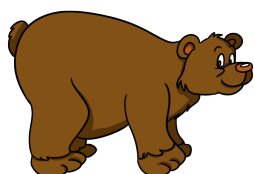
# 7 minute HITT workout

Set interval timer for 45 seconds of work and 15 seconds of rest.



## Frog Jump

Hop, hop, hop! Hop up and down like a frog.



## Bear Walk

With your hands and feet on the floor, hips high walk left and right.



## Gorilla Shuffle

In a low sumo squat, use your hands to balance and shuffle around the room.



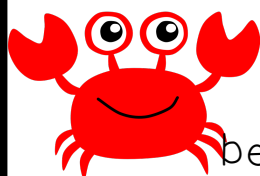
## Starfish Jumps

Jump up and down spreading your arms and legs wide. (Jumping Jacks – jumps)



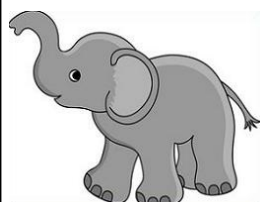
## Cheetah Run

Run in place as fast as you can, just like the fastest animal in the Sahara!



## Crab Walk

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands



## Elephant Stomp

March in place, stomping your feet as hard as you can.

# DECK OF CARDS WORKOUT

Students can get their heart rate up by completing each exercise for each card. How many cards can you complete in 10 minutes?



Sit Ups



Squats



Burpees



Lunges

# 100 Exercises



Jumping  
Jacks x10



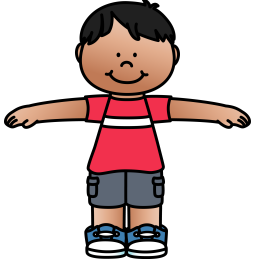
Lunges x10



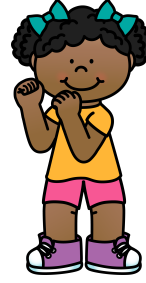
Squats x10



Hop on 1  
Foot x10



Arm  
Circles x10



Side Twists  
x10



Sit Ups x10



March x10



Run in Place  
x10



Toe Touches  
x10