



Girls in the Game

THIS OR THAT

Fun-Fitness

Complete each exercise for
30-60 seconds.

Jumping Jacks

OR

Jumping Jills

High Knees

OR

Bum Kicks

Squats

OR

Lunges

Bear Crawl

OR

Crab Walk

Plank

OR

Vsit

Floss

OR

Hype

Yell I'm AWESOME!

OR

Yell I'm STRONG!