

Easter Bunny Bootcamp



*Choose 1 exercise from the first 3 columns and complete as a circuit.
(*30 seconds per exercise!) Finish each round with a positive affirmation!

EASTER BUNNIES ARE...

Fast!	Strong!	Good at Hiding!	Confident!
Jumping Jacks	Lunges	Plank	I Am Awesome!
Jumping Jacks	Squat Jumps	V-Sit	I Can Do Hard Things!
Jumping Jacks	Push-Ups	Leg Raise Hold	I Am Strong!

*Remember, Easter Bunnies are also TEAM PLAYERS! Once you finish the bootcamp, find someone in your house to hi5!

Happy Easter!
Love: Girls in the Game

