



SPORTS

Play Rock, Paper, Scissors. The loser chooses a card.
The winner cheers them on as they exercise.



**10
TRUNK
TWISTS**

**10
JUMPING
JACKS**

**SING &
ACT OUT
HEAD,
SHOULDERS,
KNEES
& TOES**

**HOP
ON
LEFT FOOT
15
TIMES**

**5X
TOUGH TOES
THEN
REACH FOR
THE SKY**

**HOP
ON
RIGHT FOOT
15
TIMES**

**10
PUSH
UPS**

**10
SIT
UPS**

**10
ARM
CIRCLES**

**10
SECOND
PLANK**

**10
SQUATS**

**10
LUNGES**

HAVE A GROWN-UP CUT ALONG DOTTED LINE

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