



CONNECT 4

FITNESS

You will need someone to play with you. Each of you need a chip or another object. Take turns placing a chip on a circle. Perform the exercise listed in the circle. Try to be the first person to get 4 chips in a row, either up and down, side to side, or diagonally. Don't forget, you can block your opponent from getting 4 in a row.

10
sit-ups

jog in
place
30 sec.

15
starbursts

15 sec.
arm
stretch

12
tuck
jumps

20
bell jumps

20
ski jumps

16
helicopters

18
mountain
climbers

25
jumping
jacks

14
crab push-
ups

30 sec.
butterfly
stretch

15 sec.
calf
stretch

14
wacky
jacks

12
elevators

16
helicopters

10
sit-ups

5
push-ups

16
arm
circles

20
bell
jumps

15
neck
rolls

15
reverse mt
climbers

12
straddle
jumps

20 sec.
knee hug

5
push-ups

30 sec.
butterfly
stretch

20
knee
slaps

20
ski
jumps

hold a
plank
15 sec.

jog in
place 30
sec.

25
jumping
jacks

16
helicopters

hold a
plank
15 sec.

14
wacky
jacks

16
arm
circles

18
mountain
climbers