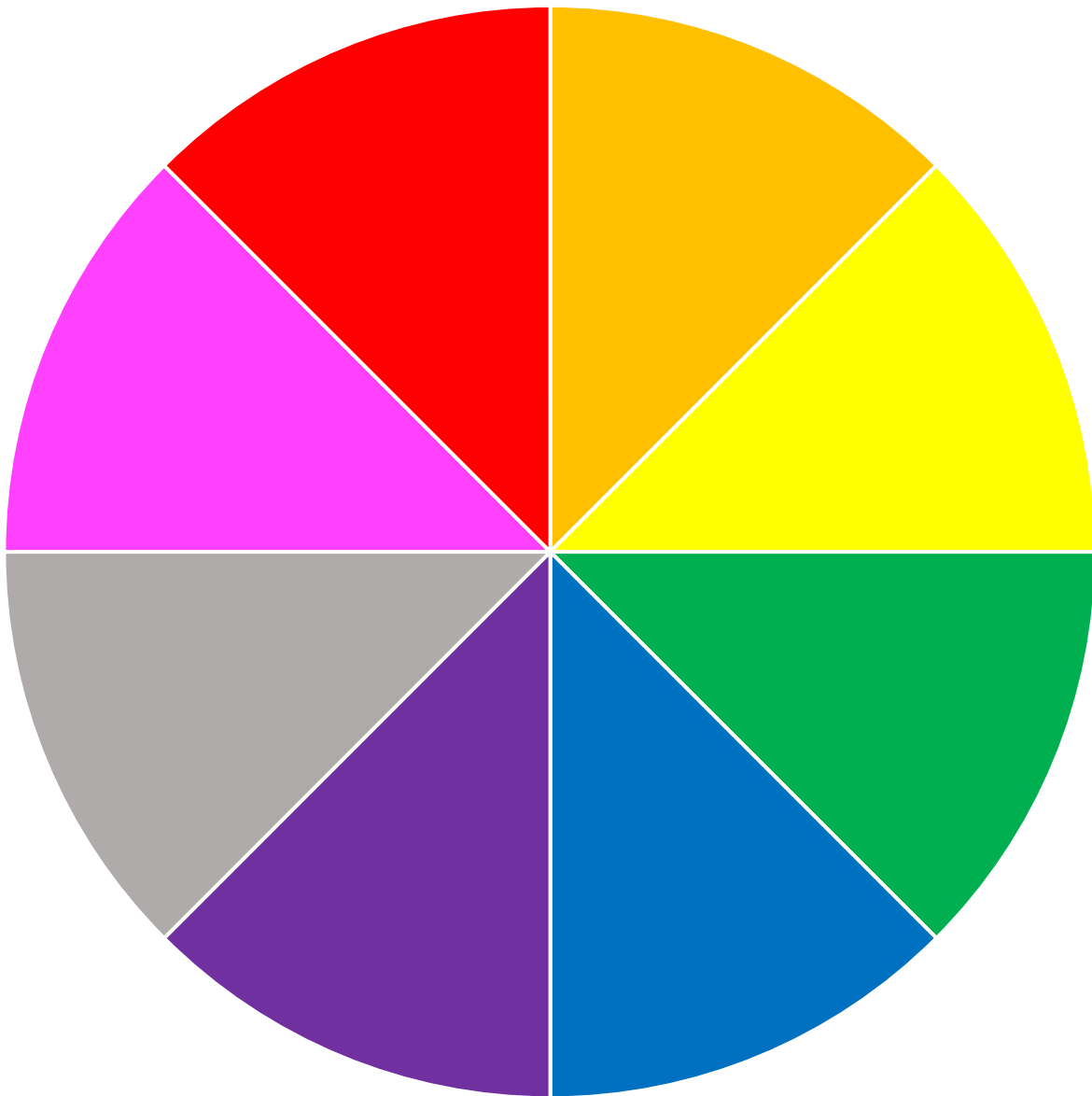


Fidget Spinner Fitness



15 sit-ups

30 second butterfly stretch

16 starbursts

20 wacky jacks

10 push-ups

20 jumping jacks

25 ski jumps

30 second plank

Directions:

1. Find a fidget spinner. If you do not have one you can use a pencil, pen, crayon, etc.
2. Take a piece of tape and place it on one of the spokes of the fidget spinner so you have a "pointer."
3. Print out the chart above and place the fidget spinner in the middle of the circle. If you are unable to print the chart, you can take a piece of paper and create your own wheel.
4. Spin the fidget spinner. Whatever color the spinner points to is the activity that you will complete. At the bottom of the wheel is a list of colors and the activities that go with them.
5. Continue playing until you've landed on every color on the wheel.