

MUSCLE MADNESS – 2020

Two exercises are grouped together. Perform both of them and decide which exercise you enjoy more. Write that exercise on the next empty line. Continue this process on both the right and left side. Eventually you will reach the middle to determine your favorite exercise. Write that exercise in the box.

- 20 mt. climbers
- 15 second one foot balance
- 5 neck rolls
- 20 second butterfly stretch
- 10 ski jumps
- 20 second wall sit
- 10 sit-ups
- 30 second jog in place
- 6 star bursts
- 10 second knee hugs
- 10 helicopters
- 10 straddle jumps
- 10 elevators
- 10 second superman stretch
- 10 toe touches
- 7 wacky jacks

- 15 jumping jacks
- 15 second stork stand
- 15 arm circles
- 10 reverse mt. climbers
- 10 bell jumps
- 10 crab push-ups
- 10 hops on 1 foot
- 12 second plank
- 8 tuck jumps
- 10 second javelin stretch
- 15 knee slaps
- 20 second arm stretch
- 20 second calf stretch
- 20 second body stretch
- 5 push-ups
- 20 second v-sit stretch

WINNER

