Gym
Exercise Station Cards
Melissa Freeman
Jumping Jacks

Do 25 jumping jacks!
Run on the Spot

Run on the spot for 60 seconds!
Toe Touches

Do 25 toe touches!
Sit-ups

Do 10 sit ups.
Rest!
Do 10 more sit ups.
Crab Walk

Crab walk from one side of the gym to the other.
Arm Circles

Do 25 large arm circles forwards.
Then do 25 more large arm circles backwards.
Squats

Do 10 squats.
Rest.
Do 10 more squats.
Hopping on 1 Foot

Hop on one foot and count to ten.
Hop on the other foot and count backwards from 10.
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