

NAME:

DATE:

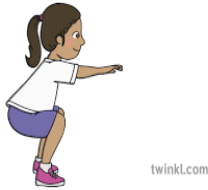
How many
can you do
in **100**
seconds?

1.



Jumping Jacks

2.



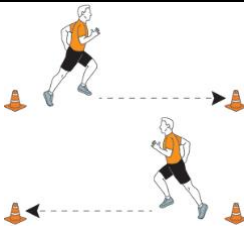
Squats

3.



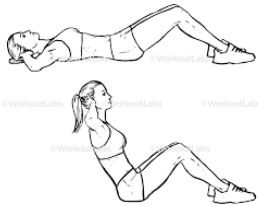
Spotty Dogs

4.



Shuttle Runs

5.



Sit ups

6.



Hopping on the
spot

Right leg:

Left leg:

7.



Jump Rope