

TIC-TAC-TOE



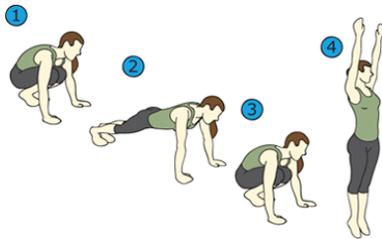
30 Second Plank



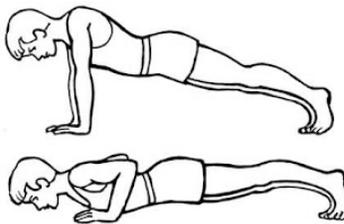
50 Jumping Jacks



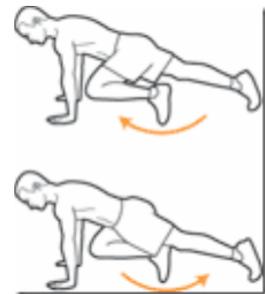
25 Sit-Ups



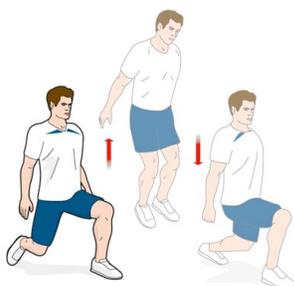
10 Burpees



15 Push Ups



30 Seconds Mountain Climbers



15 Lung Jumps



30 Seconds Balancing



25 Air Squats

Tic-Tac-Toe Rules

Each player will have one try to complete 1 exercise that they choose. If they are able to complete the exercise, they can mark a box of their choice. After their turn the next person tries. You win by connecting three boxes vertically, horizontally, or diagonally.

Technique to focus on:

Low Plank – Back straight

Jumping Jacks – Clap at top and hit legs at bottom

Sit Ups – back lays flat on the ground

Burpees – Feet go all the way back and you jump at the top

Push Ups – Back and hips straight

Mountain Climbers – Back straight and feet go all the way back to set position

Lunge Jumps – Be careful not to bang your knee on the ground

Balancing – Copy the pose as close as possible for 30 seconds

Air Squats –

- 1. Keep your feet flat on the**
- 2. Ground shoulder width apart**
- 3. Back straight**
- 4. Hips should be at least even with hips**