

TIME TABLE FITNESS

Do the activity by counting your answers!
(ex: 2 = 1 + 1 Jumps).



Star Jumps

$4 + 6 = \square$



Elbow Knee Touches

$8 + 14 = \square$



Jumps

$9 + 6 = \square$



Sprinting in seconds

$14 + 16 = \square$



Walking lunges

$5 + 5 = \square$



Squats

$3 + 7 = \square$



Back kicks

$5 + 7 = \square$



Touch Toes

$13 + 7 = \square$