

SOME SUM EXERCISES!

Write down the numbers your parent or teacher says and then do that exercise that many times. Then add up the numbers and do the final activity based on the sum!

DAY 1

___ Star Jumps + ___ Runs = ___ Arm Swings

___ Runs - ___ Jumps = ___ Toe-Touching

___ Stretches + ___ Frogs = ___ Jumping Jacks

DAY 2

___ One-Leg Balance + ___ Stretches = ___ Arm Swings

___ Crab Walks - ___ Jumping Jacks = ___ Run in Place

___ Spins + ___ Jumps = ___ Elephant Stomps

DAY 3

___ Dances + ___ High Knee Steps = ___ Head Nods

___ Wiggles - ___ Lunges = ___ March in Place

___ Karate Kick + ___ Karate Punch = ___ Arm Flapping

DAY 4

___ Gallops + ___ Stretches = ___ Tosses

___ Jumping Jacks - ___ Yoga Poses = ___ Head Nods

___ Lunges + ___ Run in Place = ___ Dances

DAY 5

___ Arm Swings + ___ Toe-Touching = ___ Quick Steps

___ Jumps - ___ Overhead Stretches = ___ Karate Punch

___ Star Jump + ___ Elephant Steps = ___ March in Place



WHAT'S
YOUR **30**?
30 MINUTES. 30 DAYS.



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