

-Warm-up exercise-

1. Touch 4 different walls
2. Do 8 sit-ups in each corner of the gym
3. Touch 8 different people wearing white
4. Jog 1 lap around the gym (stay on the black line)
5. Do 5 push-ups in each corner of the gym
6. Yell "WE LOVE LIFE" in the middle of the gym
7. Hop on 1 leg 10 times by the North wall, yelling "FEELING GOOD" 2 times
8. Sing the first verse of 'JINGLE BELLS' on the south side of the gym
9. Do 10 jumping jacks at the east side wall
10. Shake hands with 6 different team members on another team



You did it! Sit quietly with your team members against the west wall.

'Recording our Pulse'

Exercise	Pulse BEFORE completing exercise	Pulse AFTER completing exercise
1. Crunches		
2. Jumping Jacks		
3. Push-ups		
4. Skipping rope		
5. Laps of the gym		

***** 6. REST STATION*****

