

Family Fitness

Directions: Find a family member, friend or by yourself and complete **ONE** of the following tasks. Check the task on the sheet when completed. Find another family member, friend or by yourself and do another task on the sheet. You are allowed to use the same person more than once. Continue until you finish the sheet. Check the task off the list after completing each one.

_____ You and a partner do 10 push-ups.

_____ You and a partner do 15 windmills (toe touchers).

_____ You and a partner do 15 curl ups.

_____ You and a partner do 15 jumping jacks.

_____ You and a partner do 10 mountain climbers.

_____ You and a partner give each other a “high five!”

_____ You and a partner do 5 lunges.

_____ You and a partner do 5 squats.

_____ You and a partner do a 20 second wall sit.

_____ You and a partner lie on your back and do 15 bicycles.

_____ You and a partner do 15 arm twirls.

_____ You and a partner do 10 star jumps.

_____ You and a partner do a 30 second dance. Get down!!!

Take your heart rate for 30 seconds by holding a finger against your wrist and count how many your heart beats. Double your score and write it down here.

