

# FITNESS SCAVENGER HUNT

COMPLETE ALL TASKS IN ANY ORDER YOU WANT!

Do 15 jumping jacks in every room of your house.

**FREEZE!** Look around you and count how many blue objects are around you (don't move! just stand and count) Do 1 burpee for every blue object you see.

**GRAB A CHAIR OR GO TO YOUR STEPS. DO 25 SIT AND STANDS.**



**HOW OLD ARE YOU? HOW OLD IS YOUR MOM OR DAD? ADD THOSE NUMBERS TOGETHER AND RUN IN PLACE FOR THAT MANY SECONDS.**

**HOP ON 1 FOOT WHILE SAYING YOUR ABC'S IN ORDER THEN SWITCH FEET AND HOP ON YOUR OPPOSITE FOOT AND SAY YOUR ABC'S BACKWARDS!!! KEEP TRYING UNTIL YOU CAN GET THROUGH 10 LETTERS BACKWARDS.**

Get swimming! Lay on your belly and pretend you are swimming in the Olympics! Swim as fast as you can for 1 minute. Move your arms and legs while you swim!

**FIND 5 RED OBJECTS THEN DO 10 PUSH UPS.**

Pretend you are in the jungle. Move like your favorite jungle animal for a 30 count.

**HAVE A FAVORITE SONG? SING YOUR SONG FOR 1 MINUTE WHILE YOU JUMP A PRETEND JUMP ROPE (REMEMBER YOUR ARM MOTIONS TOO!).**

# Gym Clues For A Scavenger Hunt

**JR Anderson**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name bar.

## **Gym Clues For A Scavenger Hunt:**

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