



Home Fitness Scavenger Hunt



Perform each exercise following the directions listed. Once completed, check it off!

Exercise	Check off this column
Do 10 push-ups next to your bed	
Hold a tree pose for 10 seconds while looking out a window	
Do 10 squats during a commercial break while watching TV	
Do 20 ladder climbers while looking into a mirror	
Hold a warrior pose for 10 seconds in your kitchen	
Do 10 sit-ups in your living room	
Hold Namaste pose for 10 seconds sitting on your bed	
Do 20 arm curls in your kitchen	
Pretend jump rope for 10 seconds in a room of your choice	
Skip in place to a musical beat for 20 seconds	

Fitness Scavenger Hunts

G Thomas

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located on the right side of the light blue bar.

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