

CHALLENGES

Can you do these exercises for 30 seconds without stopping? 60s? Longer?

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PYTHON



Line jumping: mark a line on the floor and jump over it (side to side) with both feet together.

PARROT



Squat: with your back against the wall, slide down so that knees are bent at 90 degrees.

TIGER



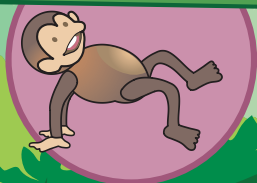
Star jumps: jump high off the floor, taking hands and feet out to the side.

GORILLA



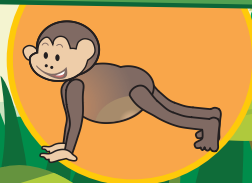
Sit ups: lay on your back with knees bent and hands touching your head. Use your stomach muscles to rise

RHINO



Crab crawl - crawl on hands and feet with stomach facing upwards.

GIRAFFE



The Plank: lay on your front and place your forearms and palms flat on the floor. Lift your tummy and legs off the floor and maintain balance between forearms and toes.