

Fitness Station #1

10 Jumping Jacks

5 Hops (Right foot)

5 Hops (Left foot)

**10 Jumps
(Jump as high
as you can!)**

Fitness Station #2

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5 Shoulder Shrugs

10 Head Rolls

10 Wrist Circles

**10 Ankle Circles
(1 foot at a time)**

Fitness Station #3

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**March in place to the
count of 10**

**Jog in place to the
count of 10**

**High Knee Jog in
place to the
count of 10**

Fitness Station #4

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**Pretend Jump Rope in
place to the count of 20**

**Pretend Boxers
Shuffle in place to
the count of 20**

Fitness Station #5

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Take 3 Slow, Deep Breaths

10 sets of this Stretch:

**Reach towards the ceiling
and then towards the
ground**