| Order | + or x | Activity |
| :--- | :--- | :--- |
| 1 |  | Line touches |
| 2 |  | Push ups |
| 3 |  | Curl ups |
| 4 |  | Frog jumps <br> Jump rope (without a <br> rope |
| 5 |  | Bell jumps |
| 6 |  | Slides |
| 7 |  | Ski jumps |
| 8 |  | Lunges |
| 9 |  | Mountain climbers |
| 10 |  |  |

