

Step up and down off the stage 25 times	Run the full length of the basketball court 4 times	Jump Rope 50 times
Complete 20 pushups	Do 20 triceps pushups on stage	Do a wall sit for 30 seconds
Jog 3 laps around the outside of the gym	Complete 20 sit-ups	Do a plank hold for 30 seconds

Tic -Tac -Toe

