



Stopwatch Fitness



Directions: Start the stopwatch so it is running. The student will stop the watch and see what the last number is. The last number tells the group which exercise to perform that exercise 15 times.

Last Number	Exercise
0	Mountain Climbers
1	Crab Kicks
2	Butterfly Stretch
3	Jog 1 Lap
4	Curl-ups
5	Toe Touches
6	Sit and Reach Stretch
7	Jumping Jacks

8	Shoulder Tap Planks
9	Skip 1 Lap



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0	Skip 1 Lap
1	Mountain Climbers
2	Crab Kicks
3	Butterfly Stretch
4	Jog 1 Lap
5	Curl-ups
6	Toe Touches
7	Sit and Reach Stretch

8	Jumping Jacks
9	Shoulder Tap Planks



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Last Number	Exercise
0	Shoulder Tap Planks
1	Skip 1 Lap
2	Mountain Climbers
3	Crab Kicks
4	Butterfly Stretch
5	Jog 1 Lap
6	Curl-ups

7	Toe Touches
8	Sit and Reach Stretch
9	Jumping Jacks



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Last Number	Exercise
0	Jumping Jacks
1	Shoulder Tap Planks
2	Skip 1 Lap
3	Mountain Climbers
4	Crab Kicks
5	Butterfly Stretch
6	Jog 1 Lap

7	Curl-Ups
8	Toe Touches
9	Sit and Reach Stretch



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0	Sit and Reach Stretch
1	Jumping Jacks
2	Shoulder Tap Planks
3	Skip 1 Lap
4	Mountain Climbers
5	Crab Kicks
6	Butterfly Stretch

7	Jog 1 Lap
8	Curl-ups
9	Toe Touches



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Last Number	Exercise
0	Toe Touches
1	Sit and Reach Stretch
2	Jumping Jacks
3	Shoulder Tap Planks
4	Skip 1 Lap
5	Mountain Climbers
6	Crab Kicks

7	Butterfly Stretch
8	Jog 1 Lap
9	Curly-ups



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Last Number	Exercise
0	Curl-Ups
1	Toe Touches
2	Sit and Reach Stretch
3	Jumping Jacks
4	Shoulder Tap Planks
5	Skip 1 Lap
6	Mountain Climbers

7	Crab Kicks
8	Butterfly Stretch
9	Jog 1 Lap



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Last Number	Exercise
0	Jog 1 Lap
1	Curl-ups
2	Toe Touches
3	Sit and Reach Stretch
4	Jumping Jacks
5	Shoulder Tap Planks
6	Skip 1 Lap

7	Mountain Climbers
8	Crab Kicks
9	Butterfly Stretch



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Last Number	Exercise
0	Butterfly Stretch
1	Jog 1 Lap
2	Curl-ups
3	Toe Touches
4	Sit and Reach Stretch
5	Jumping Jacks
6	Shoulder Tap Planks

7	Skip 1 Lap
8	Mountain Climbers
9	Crab Kicks



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2	Jog 1 Lap
3	Curl-ups
4	Toe Touches
5	Sit and Reach Stretch
6	Jumping Jacks

7	Shoulder Tap Planks
8	Skip 1 Lap
9	Mountain Climbers