



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