

# JUMP AROUND

PRETEND YOU HAVE A JUMP ROPE + GET UP IN THE AIR AS HIGH AS YOU CAN

30 SECONDS | 30 REPETITIONS

# LUNGE FOR IT

WHILE KEEPING YOUR UPPER BODY STRAIGHT, TAKE A STEP FORWARD + DROP YOUR BACK KNEE TOWARD THE GROUND. TAKE ANOTHER STEP + REPEAT WITH THE OTHER LEG.

DOOR TO DOOR | 1 ROOM LENGTH | 20 REPETITIONS

# CLIMB THE MOUNTAIN

START IN A PLANK POSITION + BEGIN TO "RUN" IN PLACE BY QUICKLY BRINGING ONE KNEE + THEN THE OTHER TOWARD YOUR CHEST.

30 SECONDS | 20 REPETITIONS

# ZOO PARADE

PICK YOUR FAVORITE ANIMAL + MAKE A PARADE:

HORSE GALLOPS  
FROG JUMPS  
BEAR WALK  
GORILLA SHUFFLE  
CRAB CRAWL  
BIRD FLAPS

1 ROOM LENGTH | "GOING TO THE ZOO"

# PUSH IT

WITH FEET SHOULDER-WIDTH APART, STAND A BIT FARTHER THAN AN ARM'S LENGTH AWAY FROM A BLANK WALL. LEAN FORWARD WITH YOUR HANDS ON THE WALL + START UPPER BODY PUSH-UPS.

30 SECONDS | 20 REPETITIONS

# JUMP, JACK!

BEGIN WITH ARMS AT SIDES + LEGS TOGETHER. JUMP LEGS OUT TO THE SIDES WHILE CLAPPING HANDS ABOVE YOUR HEAD TO COMPLETE A JUMPING JACK + REPEAT.

30 SECONDS | 30 REPETITIONS

# START YOUR ENGINES

PICK A VEHICLE + RACE TO THE FINISH LINE:

RACE CAR  
18-WHEELER  
MINIVAN  
TRICYCLE  
ROWBOAT  
HELICOPTER

DOOR TO DOOR | 1 ROOM LENGTH | "LIFE IS A HIGHWAY"

# ROCK BAND

PICK AN INSTRUMENT + ROCK OUT:

ELECTRIC GUITAR  
DRUM KIT  
LEAD SINGER  
HORN SECTION  
KEYBOARD  
BASS

USE THE BOOGIE BREAK PLAYLIST OR MAKE YOUR OWN

# KUNG FU MASTER

PICK YOUR BEST MARTIAL  
ARTS MOVES + HOST  
A PRETEND + FRIENDLY,  
NO-CONTACT BATTLE.

60 SECONDS | "EVERYBODY WAS KUNG-FU FIGHTING"

# GANGPLANK HOPS

PRETEND YOU'RE A PIRATE  
WITH A PEG LEG. HOP ON  
THE OTHER LEG DOWN  
THE IMAGINARY  
GANGPLANK.

60 SECONDS | "YO HO! (A PIRATE'S LIFE FOR ME)"

# STAY-AT- HOME NINJA

TAKE 1-2 MINUTES TO  
CREATE AN OBSTACLE  
COURSE USING MATERIALS  
YOU HAVE ON HAND. SET  
A TIMER + SEE HOW  
QUICKLY YOU CAN  
COMPLETE THE  
CHALLENGE.

BEAT THE CLOCK | "MISSION IMPOSSIBLE THEME"

# WALK THE LINE

FIND AN IMAGINARY  
STRAIGHT LINE ON THE  
FLOOR OR CREATE ONE  
WITH TAPE. PRACTICE  
YOUR BALANCING SKILLS  
AS YOU WALK THE LINE.

30 SECONDS | DOOR TO DOOR | 1 ROOM LENGTH

# MINI TRIATHLON

60 SECONDS OF  
RUNNING IN PLACE

60 SECONDS OF  
BICYCLE PEDALS ON BACK

60 SECONDS OF  
STOMACH SWIMMING

3 MINUTES | "CHARIOTS OF FIRE THEME"

# SIT UP, UP, UP

LAY ON THE FLOOR WITH  
YOUR KNEES BENT + FEET  
FLAT. CROSS ARMS OVER  
YOUR CHEST OR BEHIND  
YOUR HEAD + BEGIN  
CRUNCHES. IF NEEDED,  
HAVE A FRIEND HOLD  
YOUR FEET.

30 SECONDS | 20 REPETITIONS

# BURPEE - EXCUSE ME!

FROM A STANDING  
POSITION, JUMP UP +  
REACH SKYWARD. THEN,  
SQUAT + JUMP BACK INTO  
A PLANK. COMPLETE ONE  
PUSH UP, THEN JUMP  
BACK TO STANDING  
POSITION + REPEAT.

30 SECONDS | 20 REPETITIONS

# RAINBOW HUNT

DESIGNATE A CALLER TO  
ANNOUNCE VARIOUS  
COLORS. OTHERS RUN  
TO FIND + TOUCH AN  
ITEM OF THAT COLOR  
IN THE ROOM.

2 MINUTES | "DE COLORES"

# LIBRARY WEIGHTS

GRAB A PILE OF BOOKS + START LIFTING. REFERENCE MATERIALS ARE GREAT IF YOU'RE FEELING PARTICULARLY STRONG. FEEL FREE TO INCREASE THE NUMBER OF BOOKS AS YOU GO.

25 REPETITIONS | "GONNA FLY NOW - ROCKY THEME"

# DANCE + FREEZE

CRANK UP THE MUSIC + DANCE AROUND UNTIL IT STOPS! FREEZE + DON'T MOVE UNTIL IT STARTS UP AGAIN.

USE THE BOOGIE BREAK PLAYLIST OR MAKE YOUR OWN

# LIFT THOSE KNEES

HOLD YOUR ARMS STRAIGHT IN FRONT OF YOU + JUMP WHILE LIFTING ONE KNEE TO TRY + TOUCH YOUR OUTSTRETCHED HANDS. ALTERNATE KNEES + REPEAT.

30 SECONDS | 30 REPETITIONS

# THE FLOOR IS LAVA

TAKE 60 SECONDS TO GRAB AS MANY COUCH CUSHIONS + PILLOWS AS YOU CAN. THROW THEM AROUND THE ROOM. THEN, JUMP AROUND FROM SAFE ZONE TO SAFE ZONE WITHOUT TOUCHING THE LAVA.

2-3 MINUTES | "IN THE HALL OF THE MOUNTAIN KING"