








NAME: _____ Home Room Teacher: _____		How many can you do in <b>100 seconds?</b>
1. 	Jumping Jacks	
2. 	Sit-Ups	
3. 	Hops	
4. 	Toe Touches	
5. 	Push-Ups	
6. 	Step-Ups	
7. 	Jump Rope	