



Lottery Fitness

- 1 Run 5 laps around the basketball court.
- 2 Carioca 2 Laps
- 3 50 Crunchies feet in the air.
- 4 5-4-3-2-1 Sprints
- 5 Crab Walk the Length of the gym over and back.
- 6 Sprint endline to endline.
- 7 50 Shoulder Touches.
- 8 Bear Crawl the length of the gym over and back.
- 9 Power skip 1 lap, and butt kickers 1 lap.
- 10 1 min. of Arm Circles, and 25 treadmills.
- 11 Arm Wrestle a partner rt. arm, and lt arm.
- 12 50 Treadmills
- 13 Play one game of Hunter's in the Woods.
- 14 100 Crunchies Feet in the Air.
- 15 1 lap of high knees
- 16 Run 4 laps around the basketball court.
- 17 Play 1 min. of Fastest Tag in the West. (push-ups)
- 18 100 Jump ropes as fast as you can on both feet.
- 19 100 Jumping Jacks
- 20 Sprint 2 ladders.
- 21 10 Tuck Jumps, 15 push-ups.
- 22 Run 1 lap, carioca 1 lap, and shuffle 1 lap.
- 23 50 Jumping Jacks
- 24 50 jump ropes on RT. Foot, 50 on lt. foot and 100 on both.