

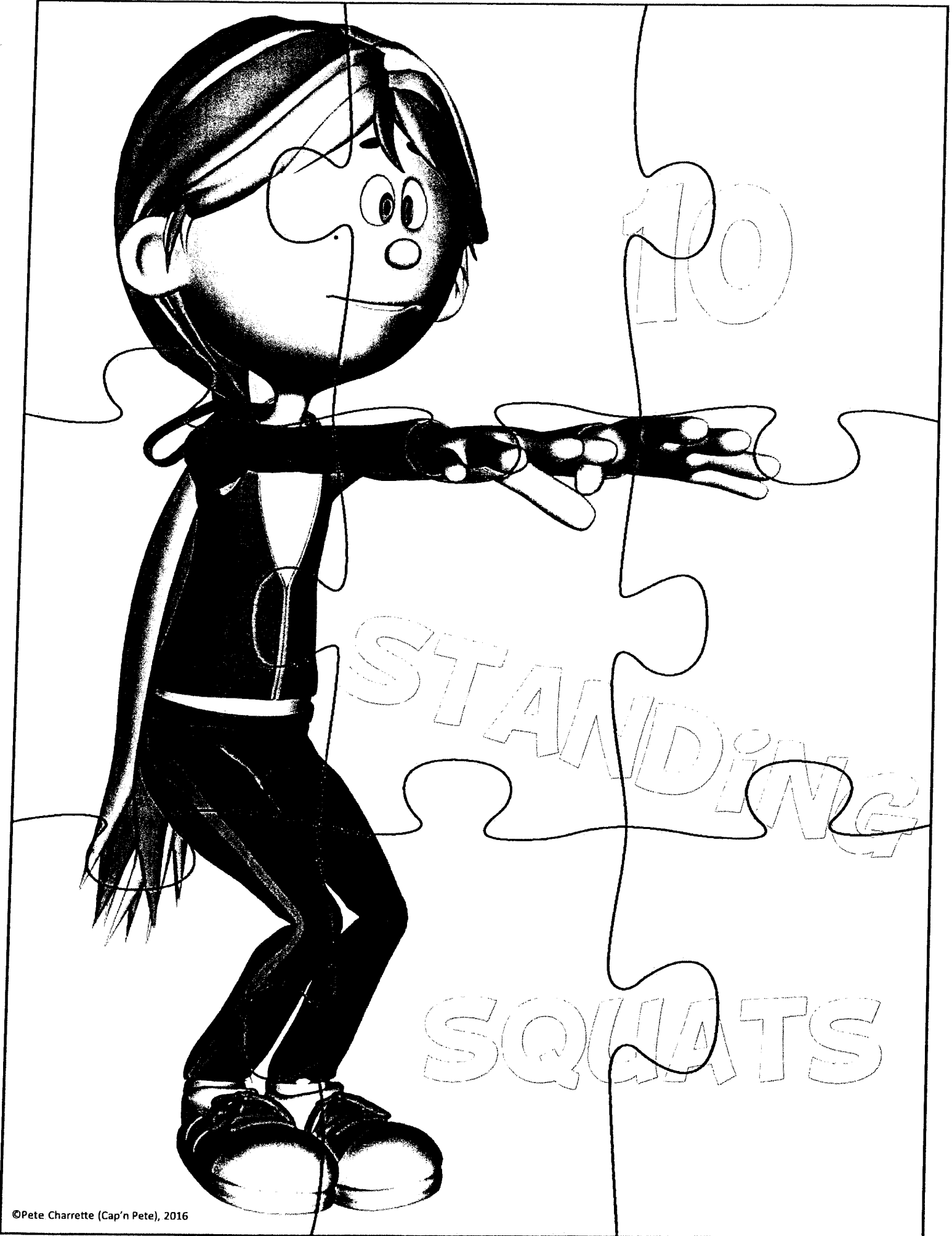
Jigsaw Fitness

-Please cut out along the black lines on each picture.

-Once you cut out the pieces put them together and see what exercise you need to complete.

-The number on the puzzles tells you how many times you should complete the exercise.

Please write down the exercises you do on the back of this paper and have your parent sign this paper.



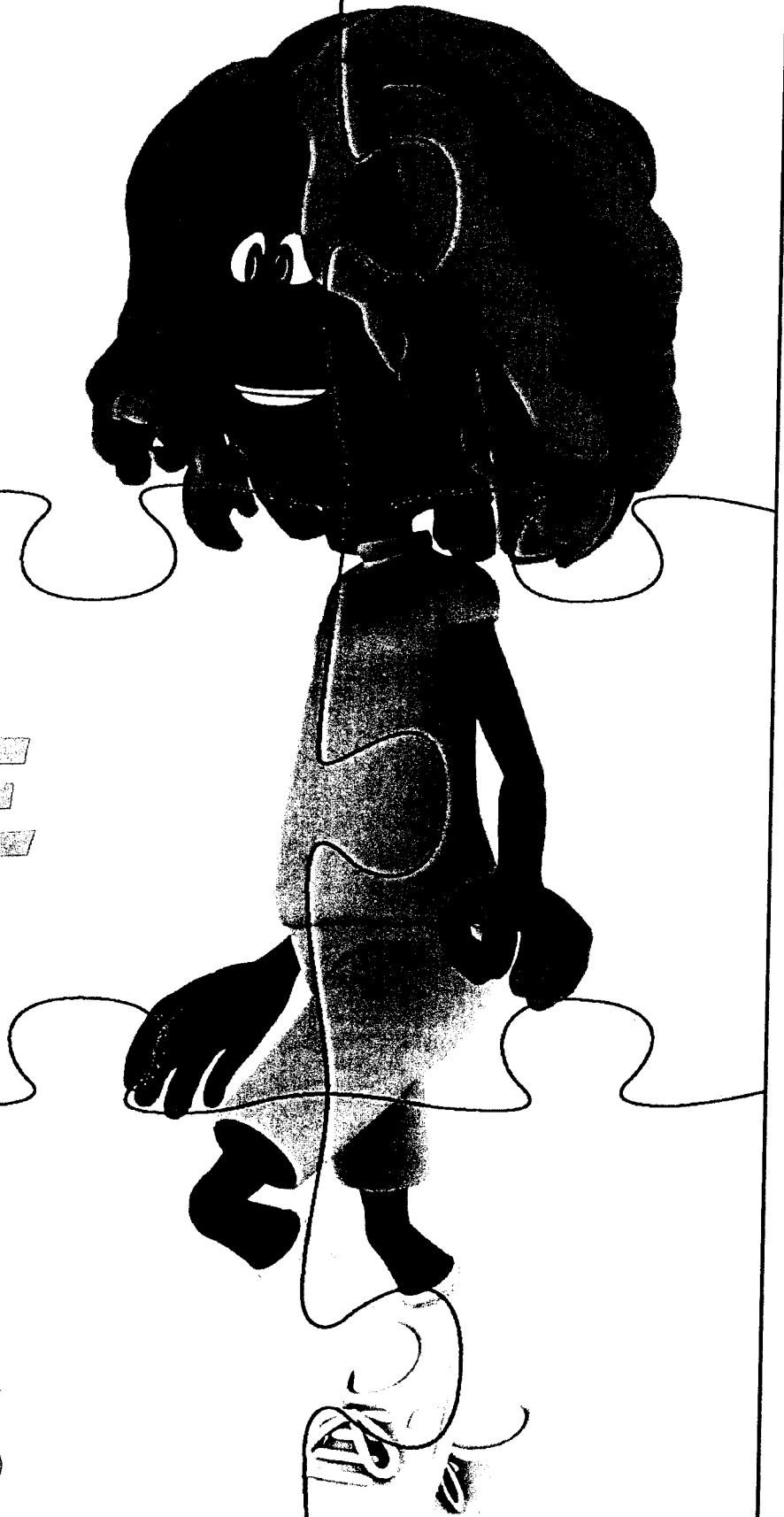
SKIP

IN A

CIRCLE

10

TIMES



RUN IN

A

CIRCLE

10

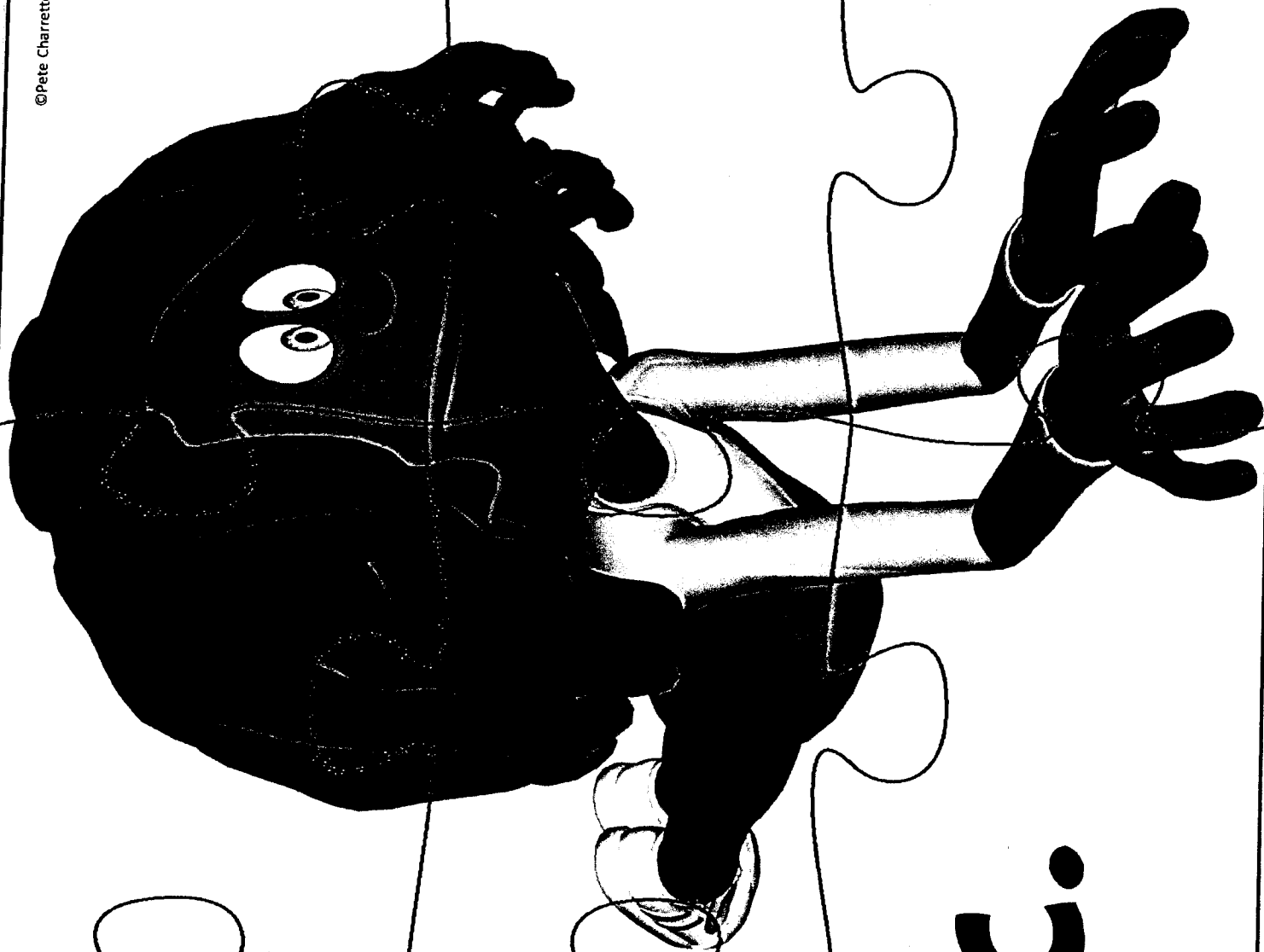
TIMES



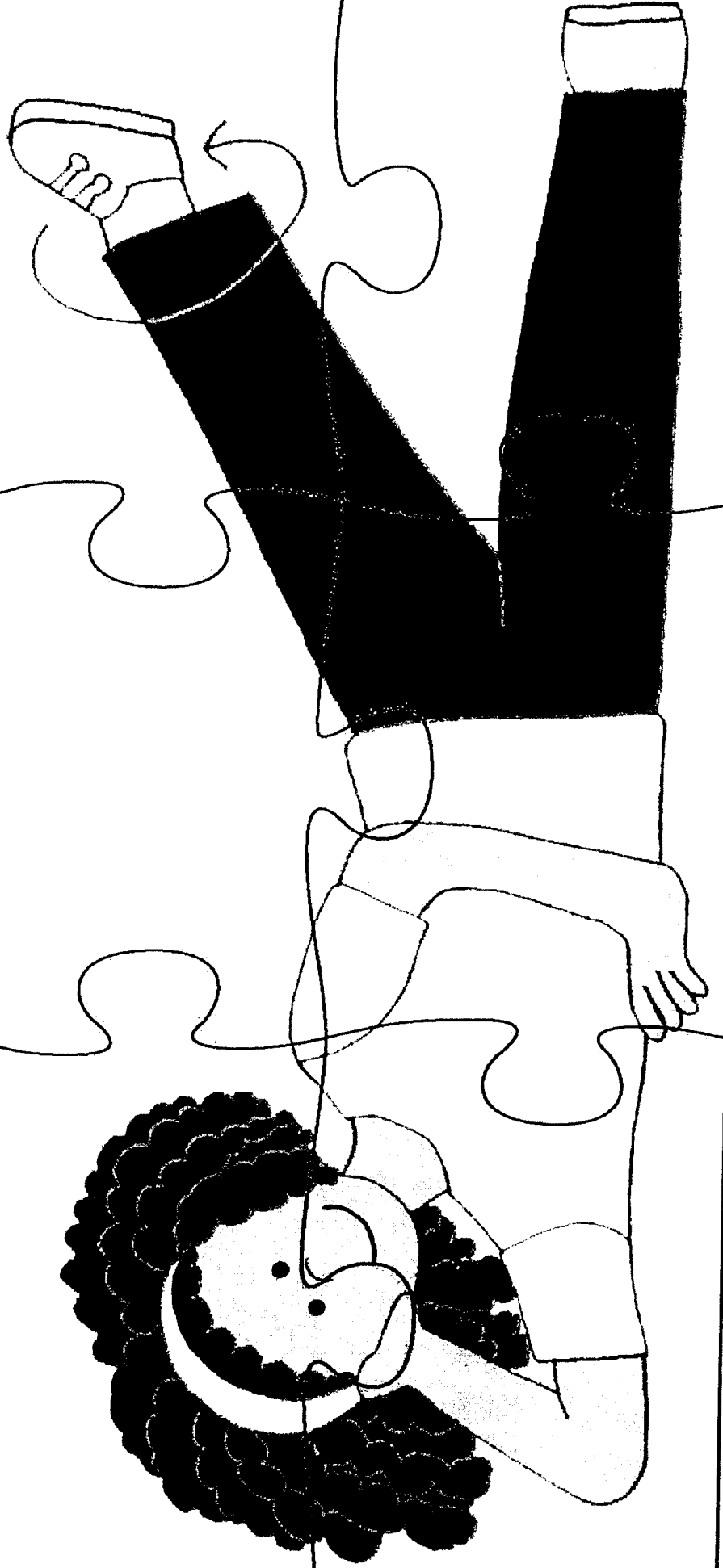
HOLD A

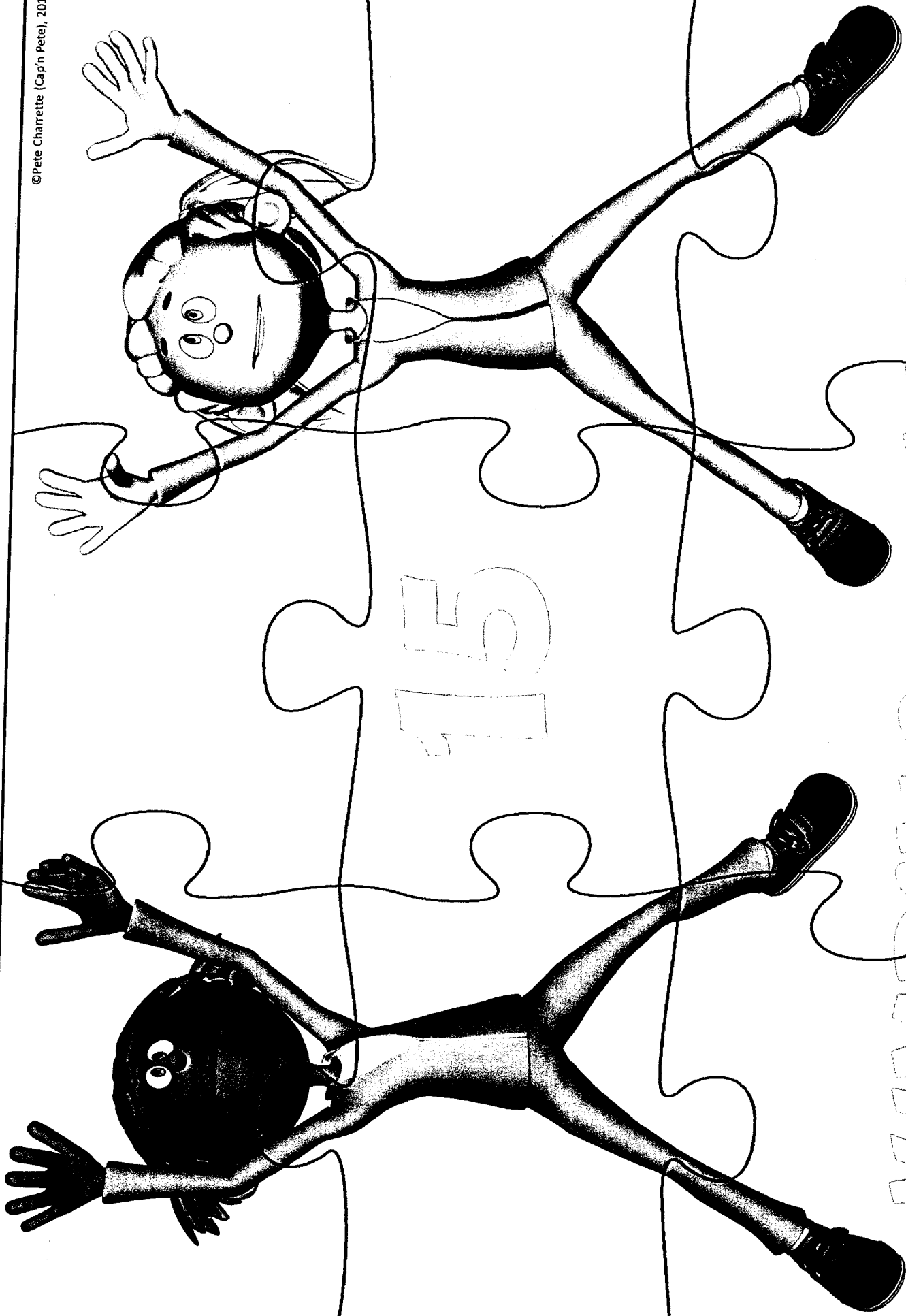
PLANK

20 SEC.

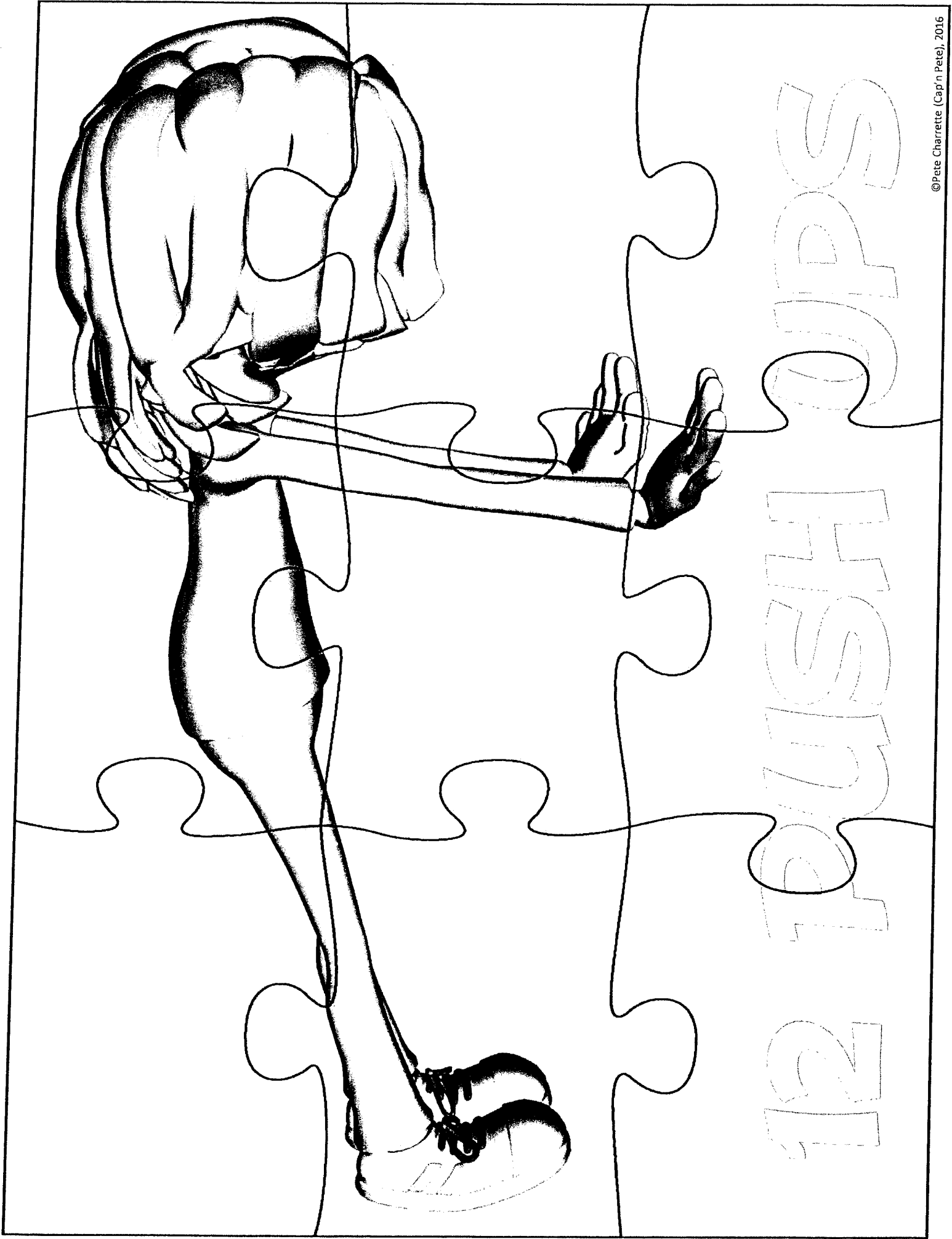


20 SPIDE LEGS
PRINCES

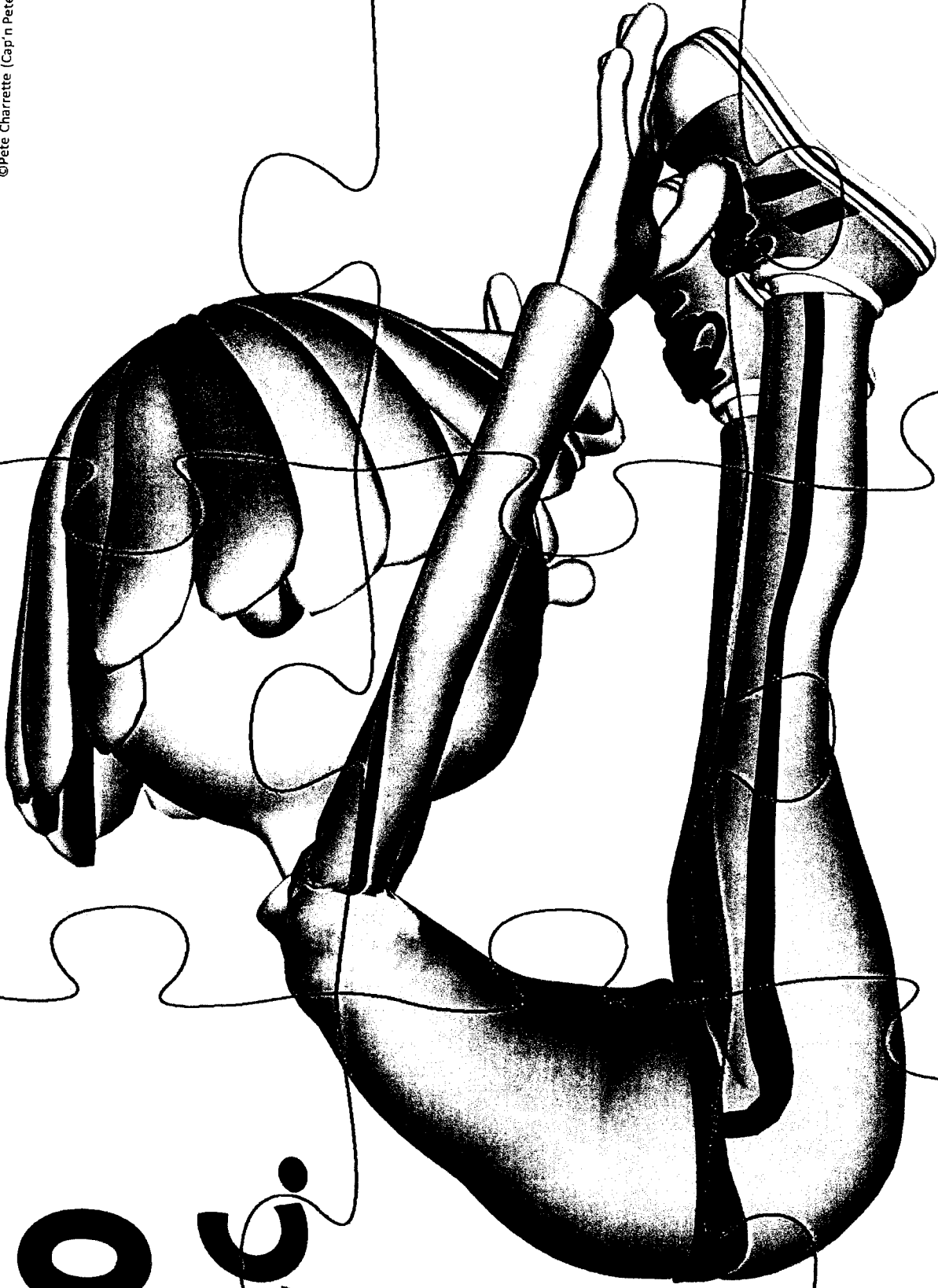




JUMPING JACKS



**20
SEC.**



SIT AND REACH

12 CURL UPS



10

LUNJGES

