

Two by Two's Fitness Workout

FITNESSGRAM®

Directions:

Find a partner and complete one of the following activities. Sign each other's sheet and then find a new partner to complete another activity. Continue finding new partners to complete one task until the allotted time is over. You will be observed for proper form and cooperation.

Activity

Partner's Signature

1. 13 Push-Ups
2. 50 Line Jumps
3. 4 Ten Count Stretches (*i.e. hamstring stretch*)
4. Skip or Gallop (*around the gym 1 time or half a field*)
5. Wheelbarrow (*15 yards or half the gym – work together and be careful*)
6. 5 Bridges
7. Jog (*1 time around field or 5 times around a gym*)
8. High Ten Your P.E. Teacher (*or a teacher/supervisor leading your class*)
9. 30 Second Dance
10. Clap Hands 40 Times
11. Play Follow the Leader (*One partner leads by picking a favorite aerobic activity 1 time around the gym or for about 30 yards while the other partner follows. Then switch and the other partner leads coming back.*)
12. Stand like a Flamingo (*try to stand for 1 minute*)
13. 25 Crunches
14. Yell "We are GREAT!"
15. Take Your Heart Rate for 1 Minute (*or for 6 seconds and multiply by 10*)



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