

2020 May

Sun *Mon* *Tue* *Wed* *Thu* *Fri* *Sat*

4th

Balance on one foot while reading a page from a book. Read page 2 on the other foot.

5th

Jump as high as you possibly can
10x

6th

What is your 60 second sit-up record?
Try #1

Try #2

7th

Go crab walk around a room
30 sec
Table Top

