

T
i
c
T
a
c
T
o
e

20 Arm Rotations



8 Straddle
Jumps



12 Standing
Toe Touches



Hold a Sit & Reach
for 15 Seconds



10 Curl Ups



15 Sec. Butterfly
Stretch



10 Push Ups



Hold a Plank
for 15 Seconds



15 Mountain
Climbers



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S

Card 1

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T
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20 Sec. Wall Sit



Hold a Plank
for 15 Seconds



Tricep Stretch for
12 seconds



8
Reachers



Runners Stretch
for 15 Sec



8 Burpees



12 Skier Jumps



7 Star Jumps



10 Lunges



F
I
T
N
E
S
S

Card 2

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