

KPS Choice Board

April 13 - 24 2020

FIT DICE

Roll 2 dice and add them together to see which exercise to complete. Take turns if playing with someone.

- 2 = 10 HALF JACKS
- 3 = 10 MOUNTAIN CLIMBERS
- 4 = 10 RUSSIAN TWIST
- 5 = 12 CRAB KICKS
- 6 = PLANK 30 SECONDS
- 7 = 5 BURPEES
- 8 = 10 ARM CIRCLES
- 9 = RUN 2 LAPS AROUND YOUR HOUSE
- 10 = 10 ELBOWS TO KNEES
- 11 = 20 SIDE TO SIDE JUMPS
- 12 = ROLL AGAIN

FLIP A COIN WORKOUT

All you need is one coin. Flip it and follow the chart below.

ROUND	HEADS	TAILS
1	10 Half Jacks	5 Push-ups
2	10 Russian Twist	10 Mountain Climbers
3	Floss Dance 20 seconds	10 Arm Circles
4	10 Elbows to Knees	10 Cherry Pickers
5	Toss and Catch 10 times	10 Jump Ropes
6	10 Air punches	5 Frog Jumps
7	10 Free Choice	5 Burpees
8	Run in place 30 seconds	Plank 30 seconds

Chalk Your Walk

Go for a walk with your family for 20 minutes. If you have sidewalk chalk, leave a kind message on a sidewalk for someone else to see.

