



## Fraser Elementary PE Choice Board

<h3>Spell Your Name</h3>  <h2>SPELL YOUR NAME</h2> <p>AND DO THE WORKOUT!</p> <table border="0"> <tr> <td>A: 15 PUSHUPS</td> <td>H: 10 PUSHUPS</td> </tr> <tr> <td>B: 50 JUMPING JACKS</td> <td>O: 20 LUNGES (TOTAL)</td> </tr> <tr> <td>C: 20 CRUNCHES</td> <td>P: 10 TRICEP DIPS</td> </tr> <tr> <td>D: 10 BURpees</td> <td>R: 20 JUMPING JACKS</td> </tr> <tr> <td>E: 60-SECOND WALL SIT</td> <td>S: 30 BICYCLE CRUNCHES</td> </tr> <tr> <td>F: 20 ARM CIRCLES</td> <td>T: 60-SECOND WALL SIT</td> </tr> <tr> <td>G: 20 SQUATS</td> <td>U: 40 HIGH KNEES</td> </tr> <tr> <td>I: 30 JUMPING JACKS</td> <td>V: 30 SQUATS</td> </tr> <tr> <td>J: 60-SECOND PLANK</td> <td>W: 15 TRICEP DIPS</td> </tr> <tr> <td>K: 20 MOUNTAIN CLIMBERS</td> <td>X: 10 MOUNTAIN CLIMBERS</td> </tr> <tr> <td>L: 40 CRUNCHES</td> <td>Y: 12 JUMPING LUNGES</td> </tr> <tr> <td>M: 12 BURpees</td> <td>Z: 30 CRUNCHES</td> </tr> <tr> <td>N: 15 JUMP SQUATS</td> <td></td> </tr> </table>	A: 15 PUSHUPS	H: 10 PUSHUPS	B: 50 JUMPING JACKS	O: 20 LUNGES (TOTAL)	C: 20 CRUNCHES	P: 10 TRICEP DIPS	D: 10 BURpees	R: 20 JUMPING JACKS	E: 60-SECOND WALL SIT	S: 30 BICYCLE CRUNCHES	F: 20 ARM CIRCLES	T: 60-SECOND WALL SIT	G: 20 SQUATS	U: 40 HIGH KNEES	I: 30 JUMPING JACKS	V: 30 SQUATS	J: 60-SECOND PLANK	W: 15 TRICEP DIPS	K: 20 MOUNTAIN CLIMBERS	X: 10 MOUNTAIN CLIMBERS	L: 40 CRUNCHES	Y: 12 JUMPING LUNGES	M: 12 BURpees	Z: 30 CRUNCHES	N: 15 JUMP SQUATS		<h3>Lower EI Workout</h3> <h4>Top 10 Cardiovascular Endurance Exercises</h4> 	<h3>4 Corner Workout</h3>  <p>Start by performing indicated exercise at one of the four cones. Once the exercise is completed, move to the next cone doing the stated movement (bear crawl, jump rope, crab walk, or skipping). When you arrive at the next cone perform the stated exercise. Then continue moving from cone to cone until the music stops!</p>				
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<h3>100% Workout</h3> 	<h3>Speed and Agility</h3> 	<h3>Fit Dice Advanced</h3> 																														

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