

Name \_\_\_\_\_



# The Mega Move Challenge

Complete, then color in one box per day to reach the finish line!

**Start Here**

10 Arm Circles    5 Jumping Jacks

4 Squats

3 Toe Touches    6 Bunny Hops    10 Lunges    5 Push Ups    7 Frog Jumps    4 Burpees

10 Star Jumps

8 Calf Raises    10 Sit Ups    6 Mountain Climbers    15 Skips    10 High Knees    8 Donkey Kicks

10 Butt Kicks

7 Crunches    30 Second Plank    3 Minute Run

**Finish!**