

**Run to the
nearest corner**

**Skip for
2 laps**

**Take 10 giant
steps forward**

Jog 1 lap

Do 10 star jumps

**Take 20 baby
steps forward**

You choose!

Do 5 press ups

Jog Leaders choice!

Do 5 burpees

Walk for 2 laps

Walk for 2 laps