

Memory Game Cards

Lay with your back flat on the ground and hold your legs 6 inches off the ground for 20 seconds. (Legs must be straight without knees bent.)	Run one lap around the outside of the field (or perimeter of the gym).
Do 25 frog hops. (Jump up like a frog with hands touching the ground each time.)	Do 15 knee lifts. (Hold hands out in front at waist height and alternate lifting the knees to touch the hands.)
Do 100 running legs. (Lie on back and, with legs outstretched, move them back and forth as if running in the air.)	Do 25 Sit-Ups
Take 20-second mandatory water break.	Do 10 air chairs. (Hold a position like you're sitting in a chair for 3 seconds, and then stand up and do it again.)
Do 20 scissors. (Lay on your back with straight legs lifted 6 inches off the ground, and cross them 20 times.)	Do 10 Push Ups