

## **High Roller Fitness Day**

- 2 Two-minute jog**
- 3 30 seconds crunches**
- 4 40 seconds skipping**
- 5 Rocket blasters**
- 6 Push-ups**
- 7 Lucky 7 seconds rest**
- 8 Crazy 8 seconds line-jumping**
- 9 9 seconds mt. climbers**
- 10 Lunges**
- 11 Donkey kicks**
- 12 Burpees**

**Same roll three times, teachers do the activity with the class. After running or skipping, each class must sit in their squad spot. Last squad to be in place does 5 rocket blasters.**