

High Roller Fitness Day #2

- 2 Two-minute jog**
- 3 30 seconds jumping jacks**
- 4 Raised leg push-ups**
- 5 V-ups**
- 6 Jumps with scissor kicks**
- 7 Lucky 7 seconds rest**
- 8 Climber taps, 4 left, 4 right**
- 9 9 seconds of hop toe taps**
- 10 1 minute burpee ladder**
- 11 11 sec, Elbow to knee crunches**
- 12 Coffee grinders, 6 left, 6 right**

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.