

Race to the End Zone

10 pushups

Gain 5 yards

10 situps

Gain 10 yards

15 jumping jacks

Gain 10 yards

10 star jumps

Gain 15 yards

**Crab walk across
the room twice**

Gain 20 yards

Gain 40 yards

**Jump as high as
you can 10 times**

Lose 5 yards

Write your own! Lose 10 yards