

2 BY 2 FITNESS!

This activity sheet is set up to do with a sibling, guardian, or anyone else :) Feel free to complete it by yourself also! Check off the exercise when completed.

- ☐ Do 10 up-downs together
- ☐ Bear walk from one wall to the other.
- ☐ Pretend to jump rope for 1 minute.
- ☐ Hold a plank position together and count to 30.
- ☐ Complete 50 jumping jacks.
- ☐ Teach each other a dance move, or make up your own!
- ☐ Do 10 partner high five push-ups, if completing alone perform as many ABC push-ups as possible.
- ☐ Back to back wall sit together for 30 seconds. Or use a wall for more stability.
- ☐ Wheelbarrow from one wall to another and switch.
- ☐ Make up one activity to do together or make up one for yourself!

