

## FIT ACTIVITY FOR ADULTS

# WHAT'S YOUR NAME?

<b>A</b>	10 MOUNTAIN CLIMBERS	<b>N</b>	50 LEG LIFTS
<b>B</b>	30 CRUNCHES	<b>O</b>	15 MOUNTAIN CLIMBERS
<b>C</b>	60 CROSS COUNTRY SKIERS	<b>P</b>	30 JACKKNIFES
<b>D</b>	25 SQUATS	<b>Q</b>	10 BURPEES
<b>E</b>	10 BURPEES	<b>R</b>	1-MINUTE WALL SIT
<b>F</b>	30 ARM CIRCLES	<b>S</b>	30 CRUNCHES
<b>G</b>	30 JUMPING JACKS	<b>T</b>	30 LEG LIFTS
<b>H</b>	1-MINUTE PLANK	<b>U</b>	2-MINUTE PLANK
<b>I</b>	15 JUMPING SQUATS	<b>V</b>	30 BICYCLE CRUNCHES
<b>J</b>	40 DONKEY KICKS	<b>W</b>	40 JUMPING JACKS
<b>K</b>	15 LUNGES	<b>X</b>	25 SQUATS
<b>L</b>	25 CRUNCHES	<b>Y</b>	40 SCISSOR KICKS
<b>M</b>	40 SCISSOR KICKS	<b>Z</b>	60 CROSS COUNTRY SKIERS



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