

MUVR FIT - TAC - TOE

Play on your own or play with a friend. When playing by yourself, complete 3 exercises down, across or diagonally. Repeat as many times as you want. When playing with a friend, take turns earning an X by completing the exercise in that box. The first person to get 3 X's or O's down, across or diagonally wins. Repeat as many times as you want.



10 SITUPS



10 PUSHUPS



30 SEC. PLANK



5 BURPEES



10 SQUATS



20 MT. CLIMBERS



10 ALT LUNGES



20 JUMPING JACKS



20 ALT FRONT KICKS