Lottery Fitness

1. Run 5 laps around the basketball court.
2. Carioca 2 Laps
3. 50 Crunchies feet in the air.
4. 5-4-3-2-1 Sprints
5. Crab Walk: the Length of the gym over and back.
6. Sprint endline to endline.
7. 50 Shoulder Touches.
8. Bear Crawl the length of the gym over and back.
9. Power skip 1 lap, and butt lickers 1 lap.
10. 1 min. of Arm Circles, and 25 treadmills.
11. Arm Wrestle a partner rt. arm, and lt arm.
12. 50 Treadmills
13. Play one game of Hunter’s in the Woods.
14. 100 Crunchies Feet in the Air.
15. 1 lap of high knees
16. Run 4 laps around the basketball court.
17. Play 1 min. of Fastest Tag in the West. (push-ups)
18. 100 Jump ropes as fast as you can on both feet.
19. 100 Jumping Jacks
20. Sprint 2 ladders.
21. 10 Tuck Jumps, 15 push-ups.
22. Run 1 lap, carioca 1 lap, and shuffle 1 lap.
23. 50 Jumping Jacks
24. 50 jump ropes on RT. Foot, 50 on lt. foot and 100 on both.