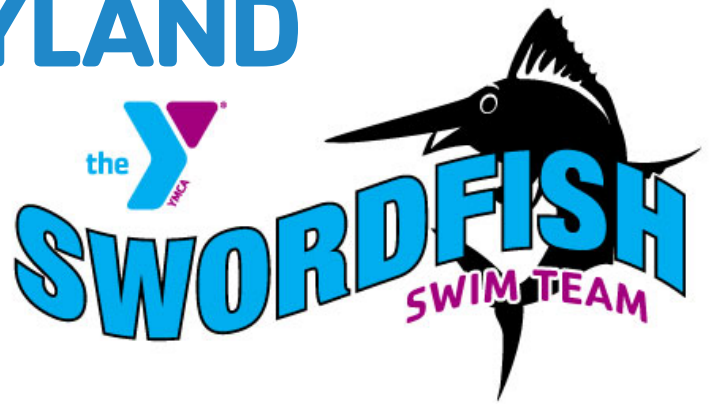


SWORDFISH DRYLAND TRAINING

Here are some moves for you! Challenge your parents and siblings to join you in this fitness challenge! Let's stay fit and have fun on land.



WEEK 1

3 Moves, 3 Minutes

Plank—one minute

Burpees—one minute

Jump Squat—one minute

Week 2

10 Moves 10 Minutes

(In between each move shout out...)

10 Jumping Jacks

What is your favorite stroke to swim?

10 Push ups

Where do you love to swim?

10 High knee lifts

What is your favorite flavor of ice cream?

10 Somersaults

What is your favorite color?

10 Sit ups

How do you spell YMCA?

10 Arm Circles

How do you spell Swordfish?

10 Touch your toes

Quack like a duck

10 Long jumps

Bark like a dog

10 Side to Side jumps

How old are you?

10 Jumps backwards

Laugh as hard and as loud as you can...it is contagious!



Cody and Tyson lead this weeks exercises

MORE INFO, CONTACT:

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