

Tic-Tac-Toe Fitness

Directions:

Complete the exercise in each box to claim it as an 'X' or an 'O'

10 Push-Ups	20 second Air Drumming	30 second Wide Leg Forward Fold
10 second High Plank	30 second High Knees	30 second Butt Kickers
10 Kickouts	10 Squat Jumps	20 second Air Punches

Tic-Tac-Toe Fitness

Directions:

Complete the exercise in each box to claim it as an 'X' or an 'O'

10 Kickouts	Dance for 30 seconds	30 second Butterfly Pose
30 second High knees	20 second Air Punches	20 second Skiers
20 second Air Drumming	20 second Tic Toks	10 Seal Jacks



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Tic-Tac-Toe Fitness

Directions:

Complete the exercise in each box to claim it as an 'X' or an 'O'

10 Kickouts	30 second Butt Kickers	20 second Tic Tocks
30 second Shoulder Taps	20 second Air Drumming	20 second Air Punches
Dance for 30 seconds	10 Push-Ups	10 Jumping Jacks

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Directions:

Complete the exercise in each box to claim it as an 'X' or an 'O'

30 second Wide Leg Forward Fold	10 Squat Jumps	Dance for 30 seconds
10 Jumping Jacks	30 second Butt Kickers	10 second High Plank
20 second Skiers	20 second Air Punches	10 Seal Jacks



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Directions:

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30 second Wide Leg Forward Fold	10 Squat Jumps	10 Inch Worms
20 second Air Punches	30 second Butterfly Pose	10 Kickouts
10 Jumping Jacks	10 Push-Ups	30 second High Knees



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30 second Wide Leg Forward Fold	10 Push-Ups	10 Seal Jacks
20 second Air Drumming	10 Kickouts	20 second Air Punches
Dance for 30 seconds	30 second Butt Kickers	10 Inch Worms



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10 Seal Jacks	10 second High Plank	10 Kickouts
20 second Mountain Climbers	20 second Air Drumming	30 second Shoulder Taps
20 second Skiers	20 second Air Punches	30 second Butt Kickers



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30 second Butterfly Pose	30 second High Knees	10 inch Worms
10 Seal Jacks	10 Jumping Jacks	30 second Wide Leg Forward Fold
10 Squat Jumps	20 second Skiers	30 second Butt Kickers



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30 second Butterfly Pose	20 second Tic Tocks	Dance for 30 seconds
10 Jumping Jacks	10 Squat Jumps	20 second Air Drumming
30 second Wide Leg Forward Fold	30 second Shoulder Taps	30 second Butt Kickers



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10 second High Plank	10 Push-Ups	10 Seal Jacks
10 Kickouts	20 second Mountain Climbers	20 second Air Punches
10 Jumping Jacks	10 Inch Worms	Dance for 30 seconds



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Directions:

Complete the exercise in each box to claim it as an 'X' or an 'O'

10 Push-Ups	10 Jumping Jacks	20 second Air Drumming
30 second Butt Kickers	30 second Butterfly Pose	Dance for 30 seconds
20 second Mountain Climbers	30 second Wide Leg Forward Fold	10 second High Plank



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10 Kickouts	30 second Butt Kickers	20 second Mountain Climbers
20 second Tic Tocks	10 Push-Ups	20 second Air Punches
Dance for 30 seconds	30 second High Knees	20 second Air Drumming



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30 second Butterfly Pose	10 Seal Jacks	20 second Air Drumming
30 second Butt Kickers	10 Kickouts	20 second Air Punches



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30 second Butt Kickers	20 second Skiers	20 second Air Punches



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20 second Mountain Climbers	30 second Butterfly Pose	30 second Wide Leg Forward Fold
20 second Skiers	10 Push-Ups	10 Kickouts
Dance for 30 seconds	20 second Air Drumming	10 Jumping Jacks



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Tic-Tac-Toe Fitness

Directions:

Complete the exercise in each box to claim it as an 'X' or an 'O'

10 Jumping Jacks	30 second Butt Kickers	30 second Shoulder Taps
20 second Air Punches	Dance for 30 seconds	10 Inch Worms
10 second High Plank	20 second Skiers	30 second Wide Leg Forward Fold



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FITNESS MOVEMENT

REFERENCE SHEET

Instructions

Click on the fitness movement below to see a demo video of the movement. Use this sheet to help students learn how to perform movements they are not familiar with.



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