
100th day of school

WORKOUT

Warm up jog in place for 100 seconds.

- 10 toe touches
- 10 arm circles
- 10 arm curls
- 10 jumping jacks
- 10 squats
- 10 frog jumps
- 10 arm curls
- 10 lunges
- 10 high knees
- 10 push ups