

Instant Movement Activity #HRF TicTacToe

Directions: One person is the X, the other is the O. First person chooses a square, both people complete the activity, then the second person choose a square, repeat. The game continues until someone wins, 3 X's or O's in a row, horizontal, vertical or diagonal.

<p style="text-align: center;">2, 20 Sec. Straight Leg "Toe" or Shin Touches (F)</p> <p>Bend from waist, straight legs, and hold stretch by touching toes or shins.</p>	<p style="text-align: center;">20 Mountain Climbers (C.E)</p> <p>Place hands on ground and walk or hop feet in opposition.</p>	<p style="text-align: center;">10 Push Up's (M.S.)</p> <p style="text-align: center;">One hand Two hand Knees</p>
<p style="text-align: center;">2- 20 Second Planks (M.S.) (forearm, hands, side, holding one leg up)</p>	<p style="text-align: center;">Cross Leg Squatting Glutes (F + Balance Bonus)</p> <p>Stand on one leg, cross ankle over knee, & squat/balance on one leg. See who can hold the longest, & then switch legs</p>	<p style="text-align: center;">Burn Out Squats (M.E.)</p> <p style="text-align: center;">Squat's until you "burn out"</p>
<p style="text-align: center;">Pretend Jump Rope (C.E.)</p> <p style="text-align: center;">Single Jump Double Jump One leg/Two legs</p>	<p style="text-align: center;">Burnout Wall Push Up's (M.E.)</p> <p>Place hands on wall and perform push up's. The farther the feet from the wall, the more challenging.</p>	<p style="text-align: center;">2-15 second Downward Dogs (F)</p> <p>Upside down V position, flat back, push through your shoulders, neck in line with spine, push heels towards floor.</p>