

STRONG, STRETCH, SWEAT

EXERCISE CHART

STRONG

ROCK

Exercise:
10-Second Plank Hold
(or) 5 Push-Ups

STRETCH

PAPER

Exercise:
Hamstring Stretch
(or) Shoulder Stretch

SWEAT

SCISSOR

Exercise:
15 Jumping Jacks
(or) 30 Invisible Jump Ropes

OPEN[®]

US Games

MOVEMENT
MADE FOR NOW



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.