

Easter Egg Workout



Supplies



- Plastic Easter eggs
- Easter basket or bag of any kind (to collect eggs)
- Exercises on small pieces of paper
- Yard or area in your house to hide eggs
- Other options: Ziplock bags with exercise on small piece of paper in the ziplock bag or white/colored paper cut out like the shape of eggs with exercises written on them



Exercise Ideas

- ☐ Jog in Place for 30 Seconds or Jog Around your House
- ☐ 10 Push Ups
- ☐ 20 Crunches
- ☐ 5 Burpees
- ☐ 10 Toes Touches (any variation)
- ☐ 1 Minute High Knees
- ☐ 10 Lunges
- ☐ 30 Seconds Jump Squats
- ☐ Hold a Plank for 30 Seconds
- ☐ 30 Second Mountain Climbers
- ☐ 3 Rounds

