



Perform a
lower body
stretch
Baltic Ave

Perform
jumping jacks
Vermont Ave

Perform an
upper body
stretch
Virginia Ave



Boardwalk
Perform the
plank



New York Ave
Jog around one
half of the gym



Find a line in
the gym and
perform ski
jumps

Pennsylvania
Ave
Perform body
weight squats

Atlantic Ave
Perform an
abdominal
stretch

Kentucky Ave
Perform
mountain
climbers



COMMUNITY CHEST



Select any activity to perform with a partner or a group

- PERFORM BUTT KICKERS
- SKIP AROUND THE GYM
- PERFORM AN UPPER BODY STRETCH
- PERFORM A LOWER BODY STRETCH
- WALK AROUND THE GYM