

Click on the exercise to see a video demonstration!

RAINBOW EXERCISE SCAVENGER HUNT

**FIND 2 THINGS
THAT ARE **RED****



**5 JUMPING
JACKS**

**FIND 2 THINGS
THAT ARE **YELLOW****



5 PUSH-UPS

**FIND 2 THINGS
THAT ARE **ORANGE****



**RUN IN PLACE FOR
30 SECONDS**

**FIND 2 THINGS
THAT ARE **GREEN****



**DO YOUR FAVORITE
STRETCH FOR
15 SECONDS**

**FIND 2 THINGS
THAT ARE **BLUE****



5 SIT-UPS

**FIND 2 THINGS
THAT ARE **PURPLE****



5 SQUATS

Original Image:

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