

Rock, Paper, Scissors Fitness

Directions: Play Rock, Paper, Scissors with a partner. Look at the symbols below and match your combination to the exercise. Perform each exercise 10 times and play again.

Create your own exercises for the next game



Rock

beats Scissors



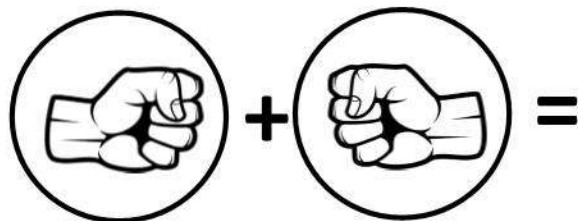
Paper

beats Rock



Scissors

beats Paper



Jumping Jacks

