

# SPOT IT Fitness!



- ★ LOOK AT THE PICTURES ON BOTH SIDES OF THE LINE. THERE IS ONLY ONE PICTURE THAT APPEARS ON BOTH SIDES. WHEN YOU SEE IT, TYPE “C” IN THE CHAT OR RAISE YOUR HAND.
- ★ THE FIRST PERSON TO GUESS THE OBJECT THAT IS ON BOTH SIDES CORRECTLY WILL NOT HAVE TO PERFORM THE EXERCISE.
- ★ THE NEXT SLIDE WILL BE THE EXERCISE THAT WE ARE GOING TO PERFORM. IT IS 30 SECONDS... TRY YOUR BEST!!! DON'T QUIT!

# Spot It Legend



Tomato



Water Bottle



Pineapple



Football



Fist Bump



Tennis Ball



Flower



Sun



Soccer Ball



Shamrock



Ice Cream



Giraffe



Grapes



Cat



Pumpkin



Heart



Llama



Lightning Bolt



Rainbow



Bowl



Basketball



Dog

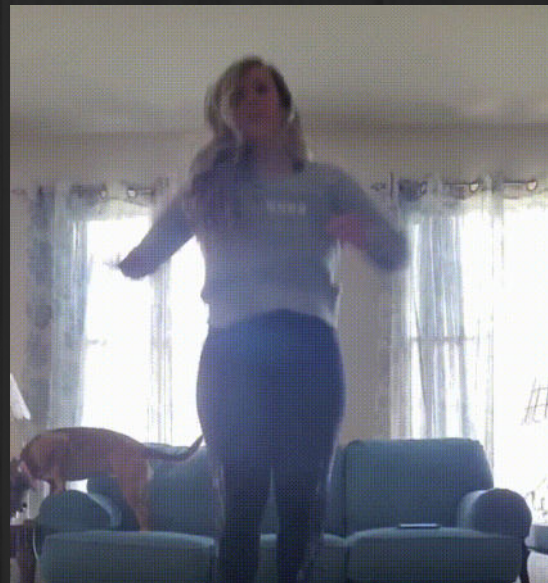








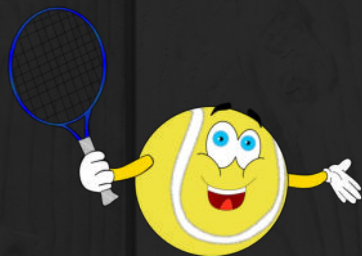
= JUMPING JACKS











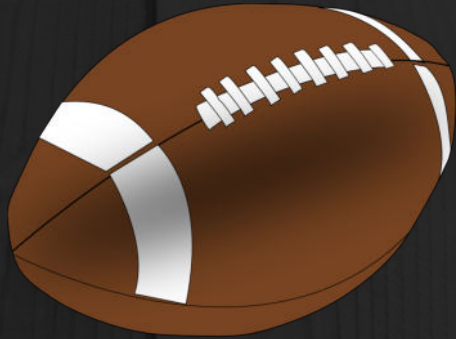
= CHERRY PICKERS



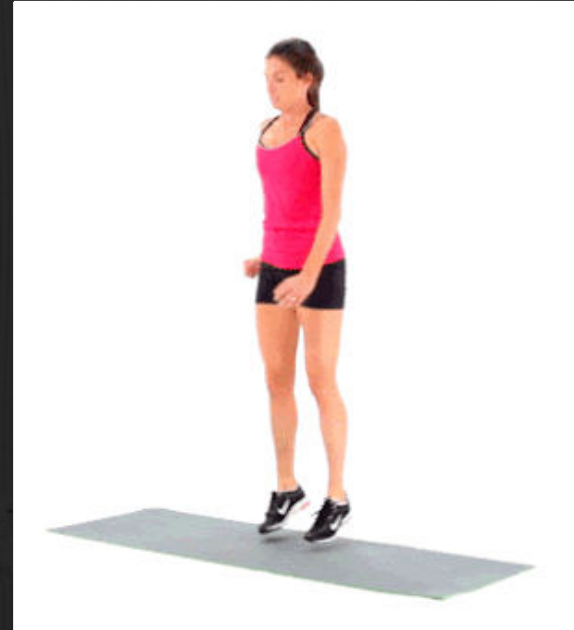






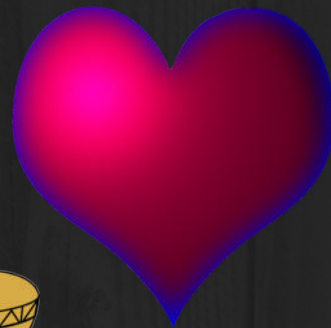
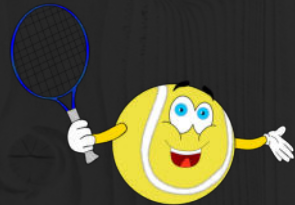


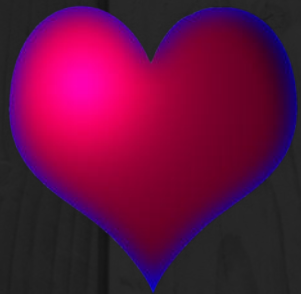
= SQUAT JUMPS











= MOUNTAIN CLIMBERS



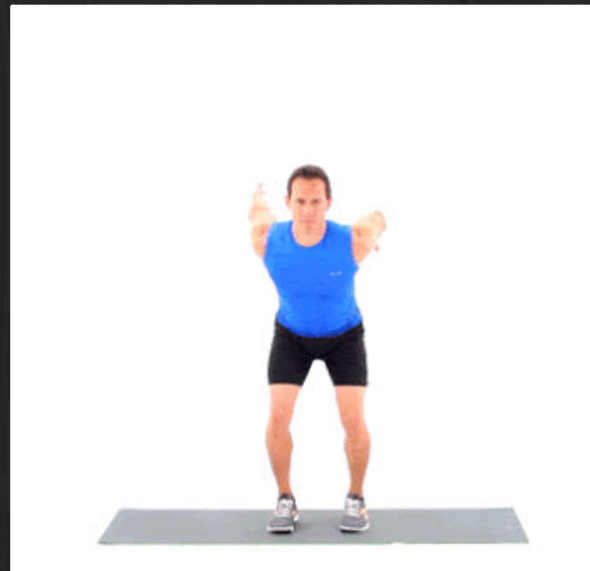






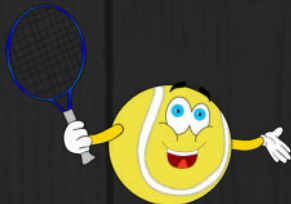


= TUCK JUMPS











= LEG LIFTS



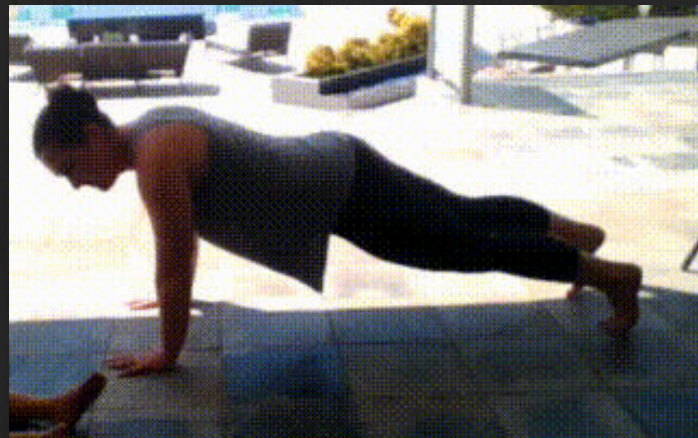








= PLANK TOE TAPS









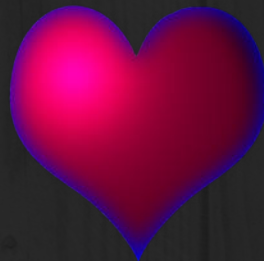


= Burpees











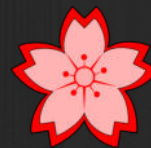
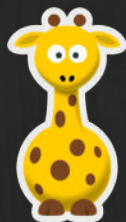
= Curl-ups





# READY?







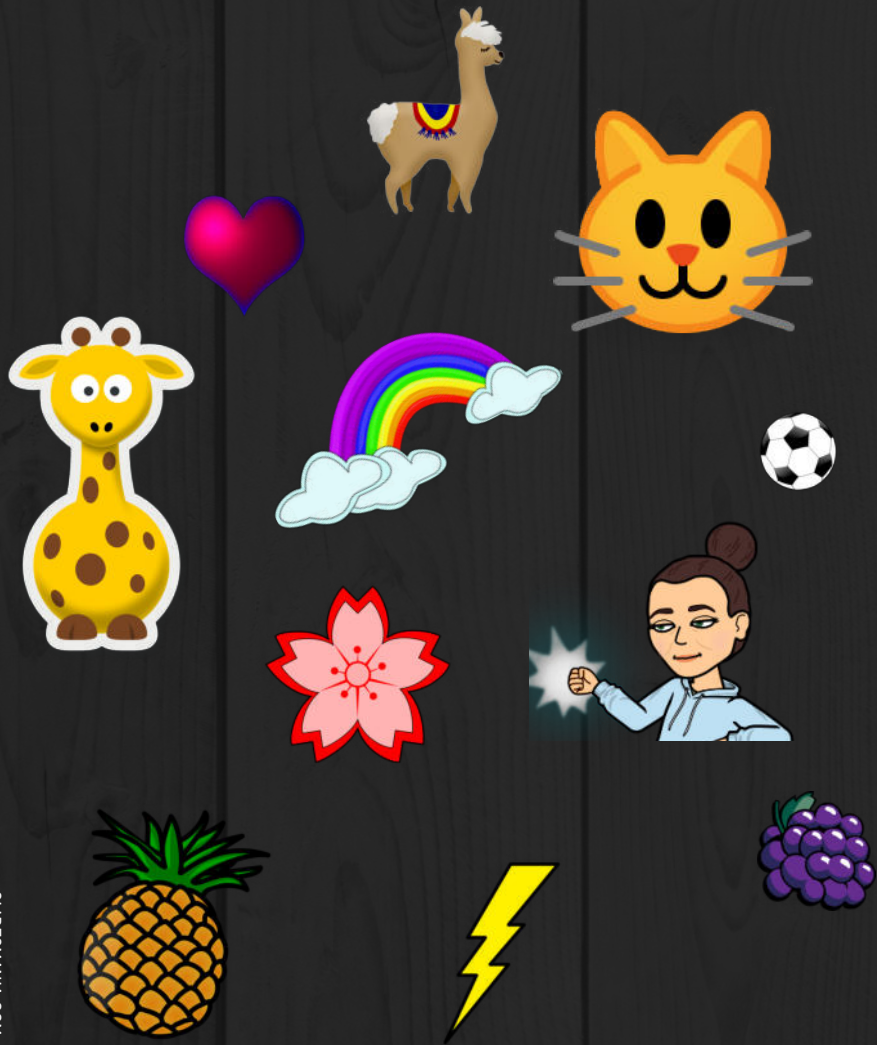
= LUNGES





# READY?





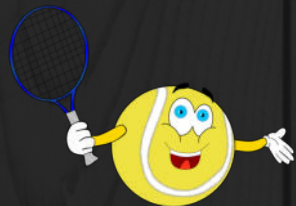


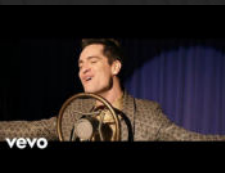
= SIDE PLANK











= Arm Flutters

