Name: _____

2 x 2 Fitness

Directions: Find a partner and complete one of the following tasks. Sign each other's sheet next to the number you completed and find a new partner to complete another task. Continue finding new partners and completing one task until your sheet is complete. You cannot use the same person twice. Enjoy!

1. You and someone do 15 burpees.
2. You and someone do the Superman 20 times.
3. You and someone do 30 crunches.
4. You and someone do 30 alternating lunges.
5. You and someone play patty cake in push-up position spelling out your and your partner's first and last names. Say a letter each time you pat your partner's hand.
6. You and someone do 40 jumping jacks.
7. You and someone do the wheel barrel down the court. Switch positions coming back.
8. You and someone do 20 leg pushes each.
9. You and someone do wall sits while saying your ABC's 5 times.
10. You and someone do wall push-ups while saying the Pledge of Allegiance and the Texas Pledge.
11. You and someone find a line and jump over it 50 times.
12. You and someone crab walk from one sideline to the other.
13. You and someone do the side plank, giving each other a high five 20 times. Switch sides and repeat.
14. You and someone bear crawl from one baseline to the other.
15. You and someone do wall jumps while spelling out Shadow Ridge Panthers. Repeat 2 times.