# BRAIN BREAK TIC TAC TOE



Players will play Tic Tac Toe just like the original game. However, after placing an X or O in a square, one, or both, players will need to complete the activity in the box.

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| 10 jumping jacks | 5 push ups | 10 hops on right leg |
| 10 hops on left leg | 10 sit-ups | 10 frog jumps |
| 30 second plank | 10 burpees | 1 minute front pike stretch |

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| Run in place for 1 minute | 10 lunges on each side | 5 tuck jumps |
| 20 front kicks on each leg | Bear crawl for 1 minute | 1 minute butterfly stretch |
| 15 tricep dips | 20 bicycle sit-ups | 15 shoulder bridges |

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| 1 minute wall sit | 20 squats | 20 Russian twists |
| 20 superman arch holds | 10 donkey kicks | 1 minute straddle stretch |
| 20 arm circles | 20 body twists | 1 minute downward dog |

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| 1 minute flutter kicks | 20 mountain climbers | 30 crunches |
| 25 toe raises | 20 high knees | 1 minute crab walk |
| 1 minute cobra pose | 10 single leg deadlift (each side) | 30 second lateral shuffle |



# DESCRIPTION OF MOVEMENTS

**Bear Crawl**: Bend forward with your hands and toes on the ground. Reach forward with one arm, followed by your leg. Continue moving forward in a bent position.

**Bicycle Sit-Ups**: Lie faceup with knees bent and arms behind your head. Straighten one leg out while pulling the other knee up to touch the opposite elbow. Alternate sides like pedaling a bike.

**Body Twists**: Stretch arms straight out to the sides. Twist your body back and forth.

**Butterfly Stretch**: Sit with knees bent and feet touching each other. Bend forward and hold.

**Donkey Kicks**: Bend forward and place your hands flat on the floor with knees bent. Lift both legs up at the same time and carefully place them back onto the floor.

**Flutter Kicks**: Lie on back with legs straight and arms down by your sides. Lift legs slightly and flutter your legs up and down.

**Front Pike Stretch**: Sit on the ground with legs out in front. Bend forward and try to touch your toes.

**Lateral Shuffle**: Stand with knees slightly bent. Shuffle back and forth from side to side as quickly as possible.

**Mountain Climbers**: Start in a push-up position. Alternate pulling one knee at a time forward towards chest.

**Russian Twists**: Sit on the floor with knees bent and feet slightly off the ground. Move your arms from side-to-side in a twisting motion.

**Shoulder Bridges**: Lie on your back, bend your knees, and place your feet on the ground. Put your arms down by your sides with palms on the floor. Lift your body up, keeping your shoulders on the ground.

**Single Leg Deadlift**: Stand on one leg. Lean forward and try to touch the ground. Keep your back leg straight while it goes behind you.

**Straddle Stretch**: Sit on the floor with legs out to the sides in a straddle. Stretch forward and hold.

**Superman Arch Holds**: Lie facedown with arms and legs extended. Lift both arms and legs at the same time.

**Tricep Dips**: Sit on the floor next to a stair or couch. Pull arms up onto elevated surface and lower down to the ground.