

Variables Add / Subtract

Freeze Dance / Exercise to Answer



By Greater Richmond Fit4Kids

www.grfit4kids.org

- 1) Music plays, dance!
- 2) Music stops, freeze!
- 3) Think about it
- 4) Exercise when you have your answer



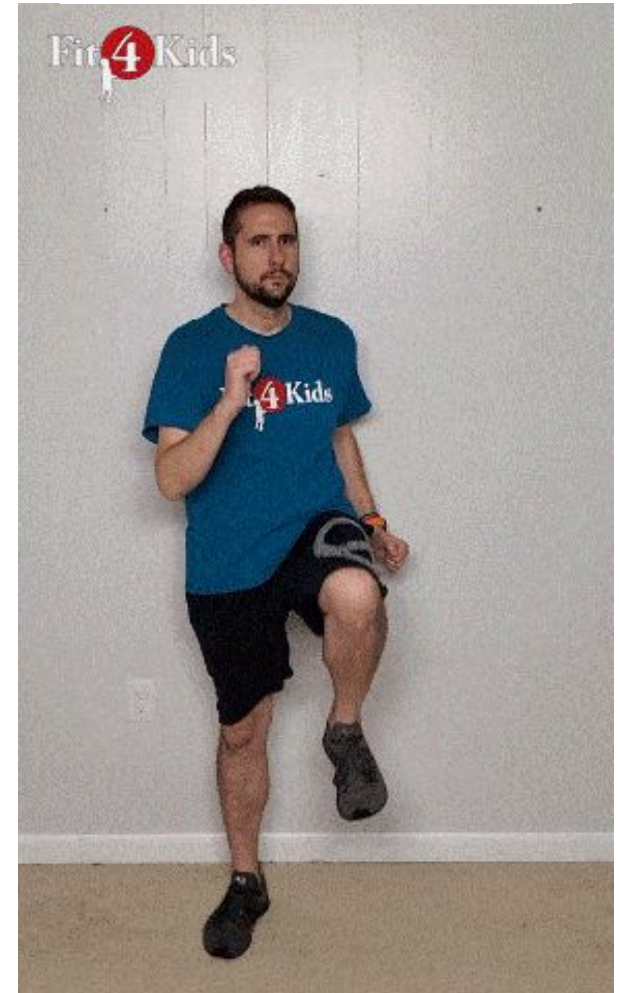
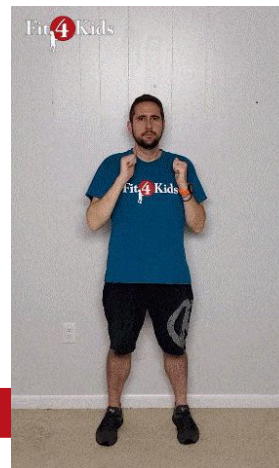
March

1) What is X?

$$X + 1 = 7$$

- A) 3
- B) 4
- C) 5
- D) 6

Alternative Move

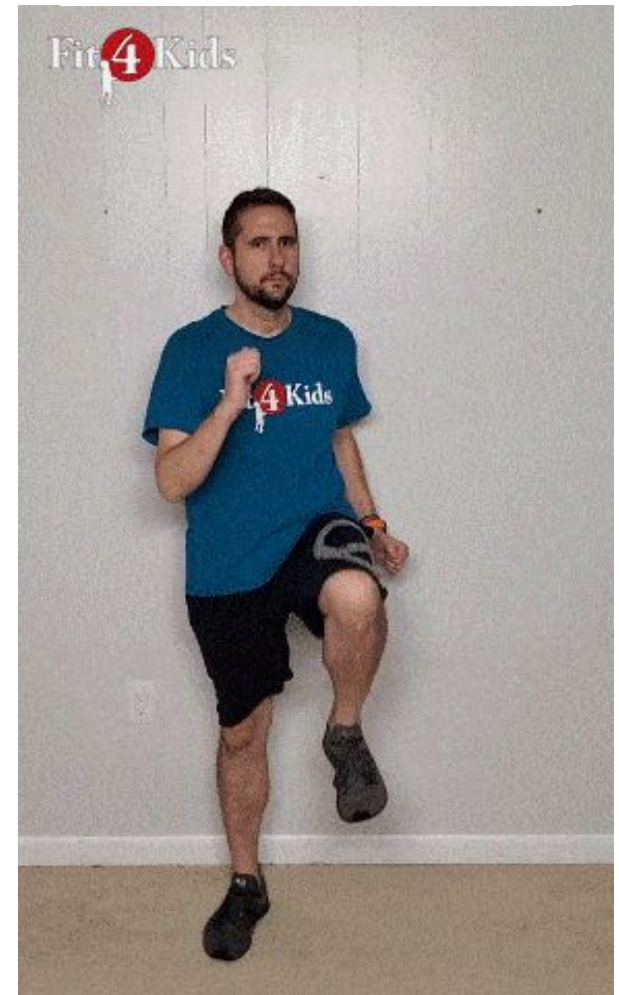
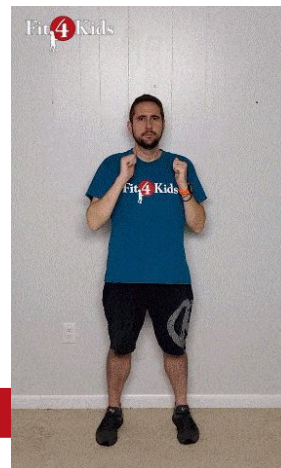


2) What is Y?

$$Y + 2 = 6$$

- A) 3
- B) 4
- C) 5
- D) 6

Alternative
Move

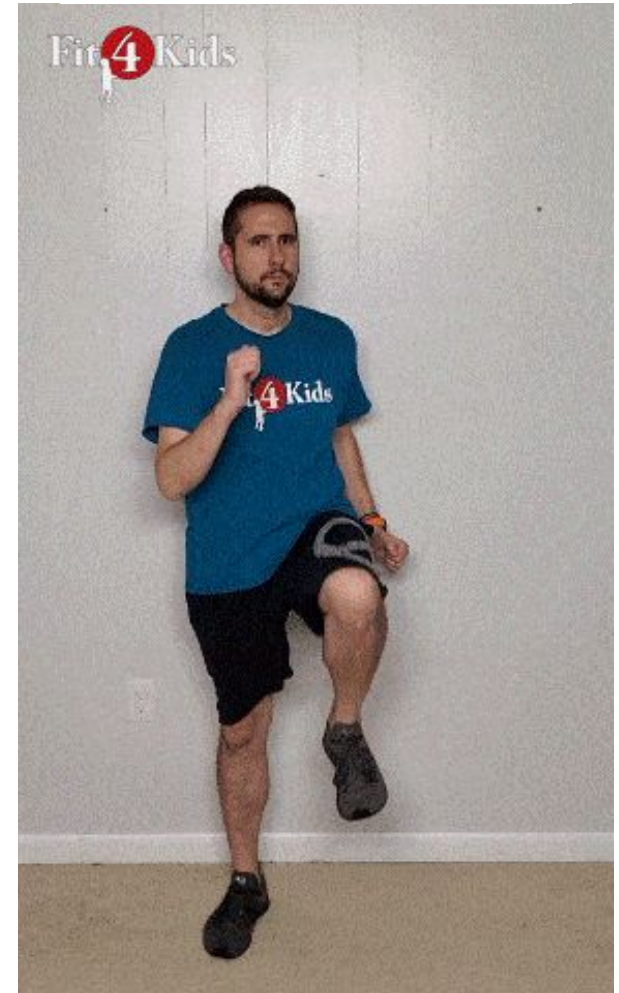
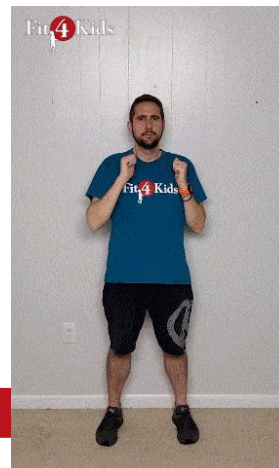


3) What is Z?

$$Z + 5 = 8$$

- A) 3
- B) 4
- C) 5
- D) 6

Alternative
Move





DANCE PARTY

or



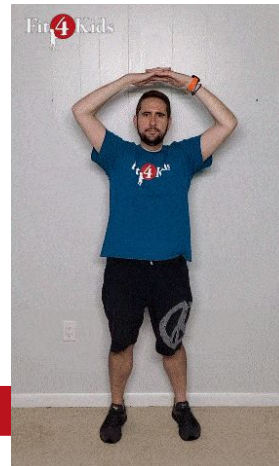
Overhead Press

4) What is X?

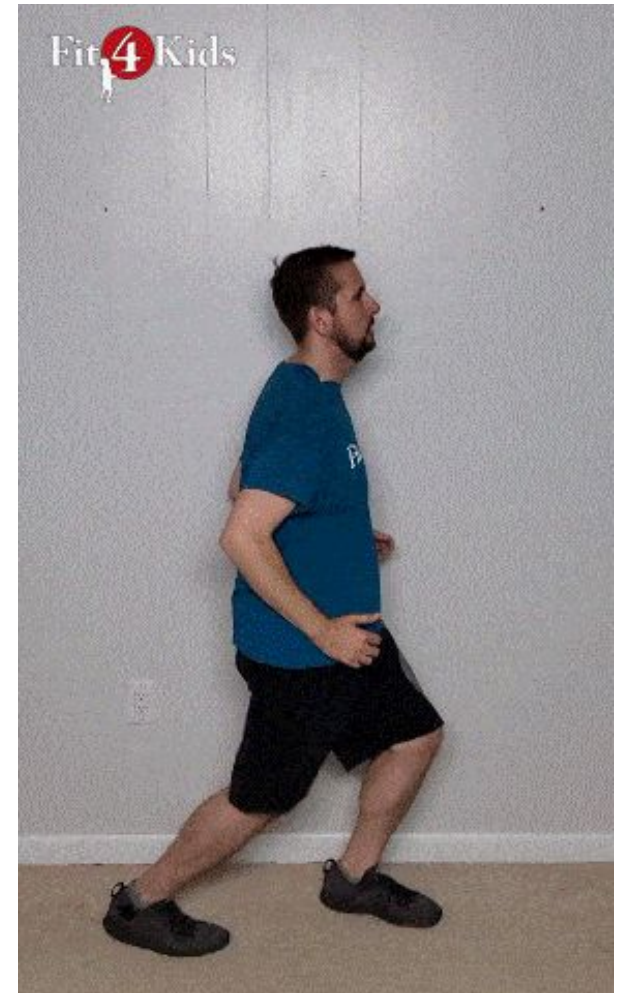
$$X - 4 = 1$$

- A) 8
- B) 5
- C) 3
- D) 2

Alternative
Move



Scissor Kicks

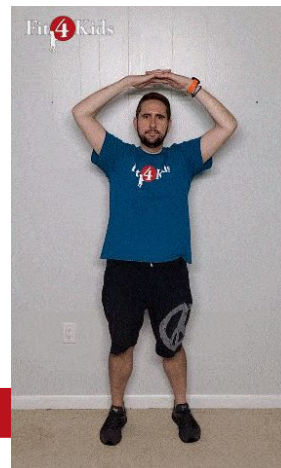


5) What is Y?

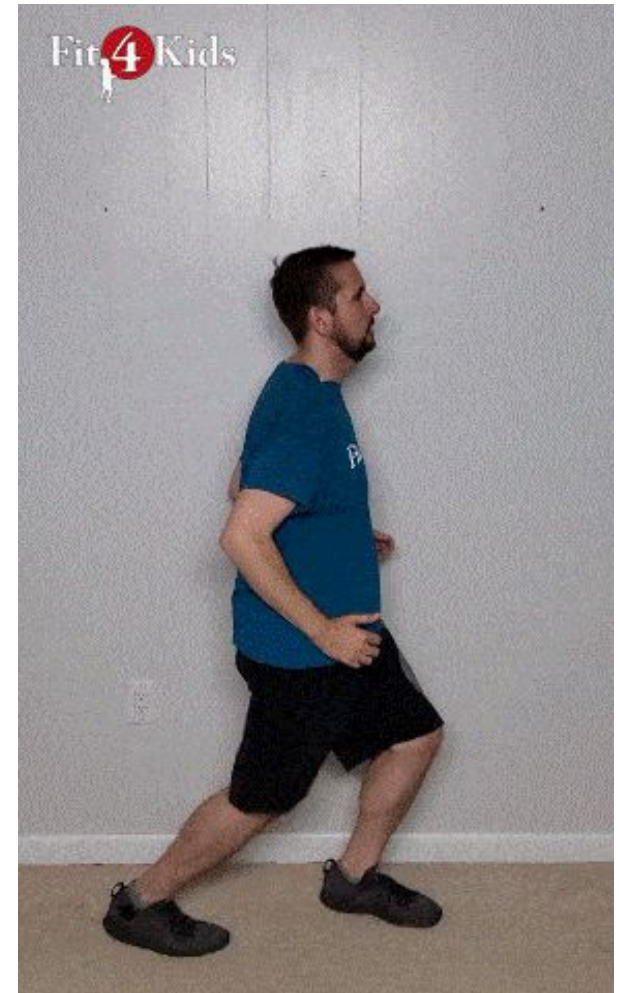
$$Y - 6 = 4$$

- A) 10
- B) 8
- C) 6
- D) 2

Alternative
Move



Scissor Kicks

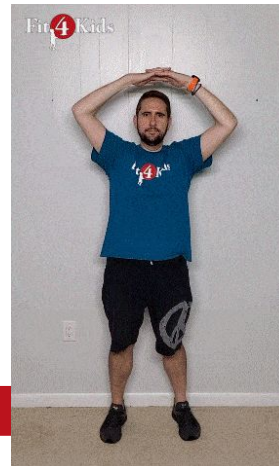


6) What is Z?

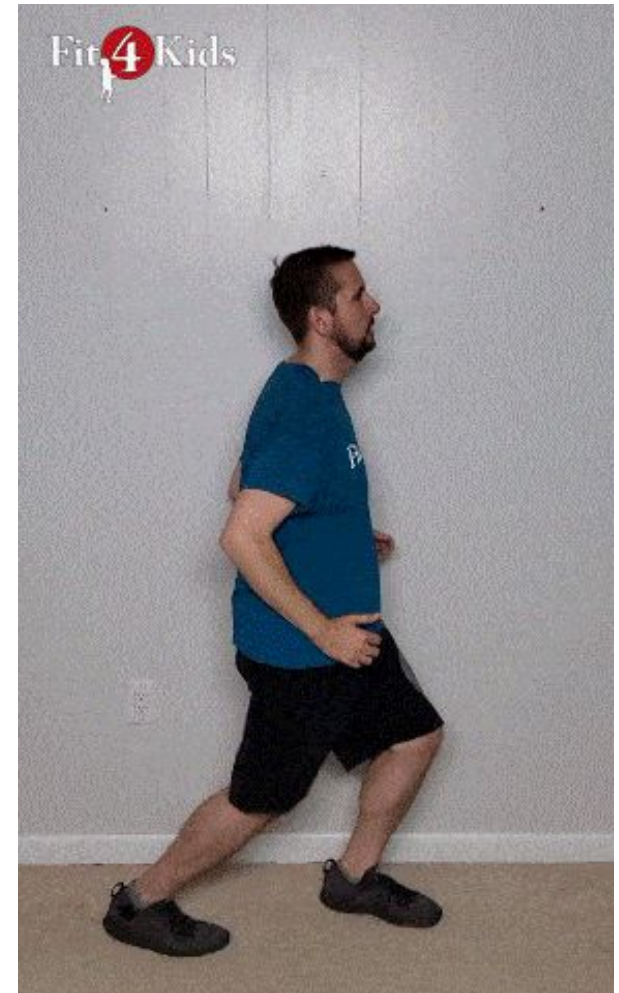
$$Z - 3 = 6$$

- A) 1
- B) 3
- C) 7
- D) 9

Alternative
Move



Scissor Kicks





Goal Posts

or

DANCE PARTY

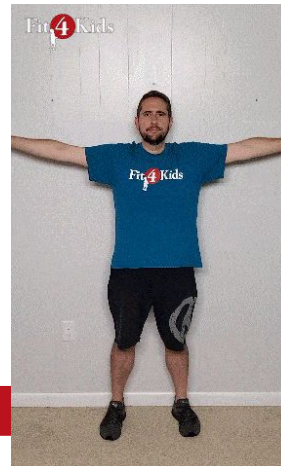


7) What is X?

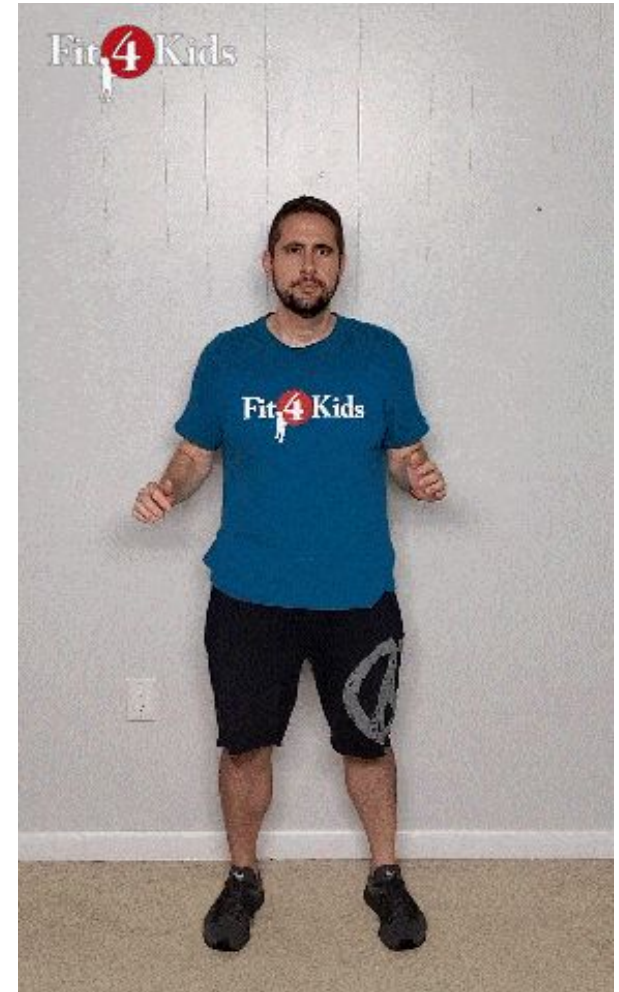
$$10 + X = 21$$

- A) 1
- B) 2
- C) 11
- D) 12

Alternative
Move



Cross Crawls

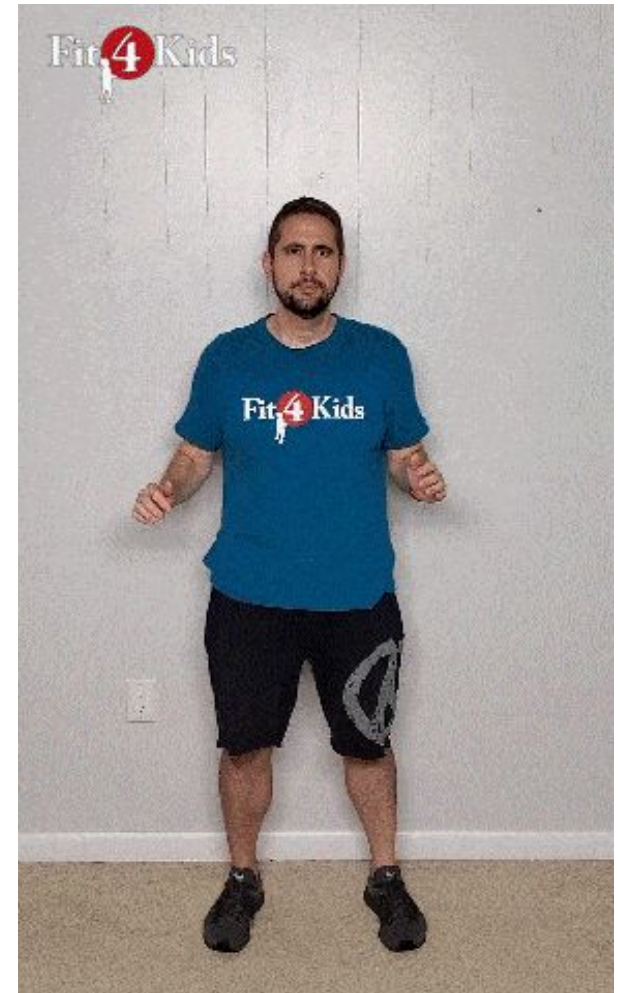


8) What is Y?

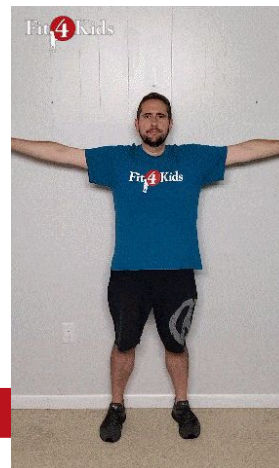
$$8 - Y = 3$$

- A) 3
- B) 5
- C) 11
- D) 16

Cross Crawls



Alternative Move

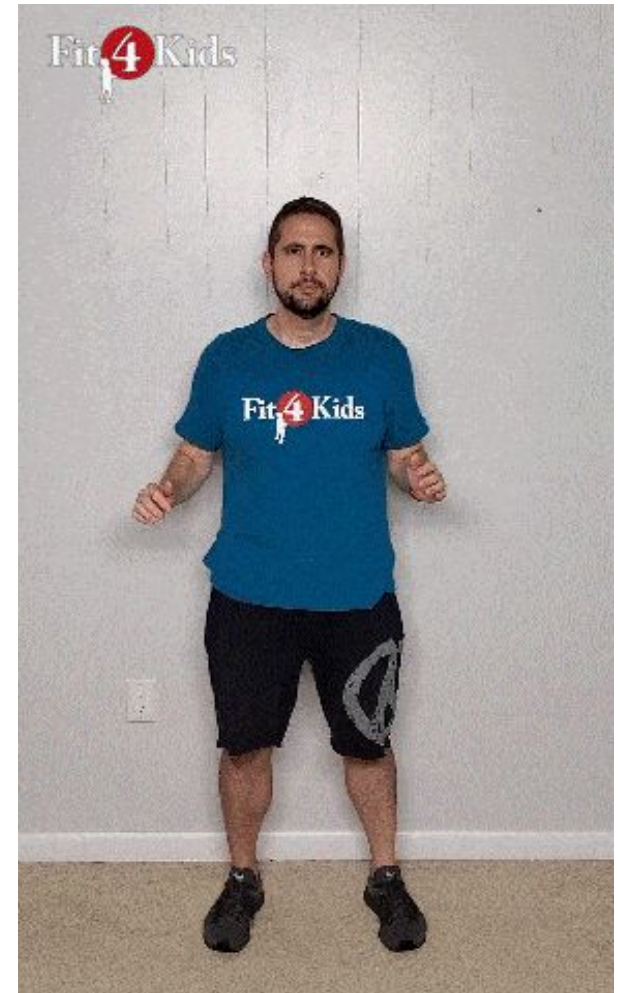


9) What is Z?

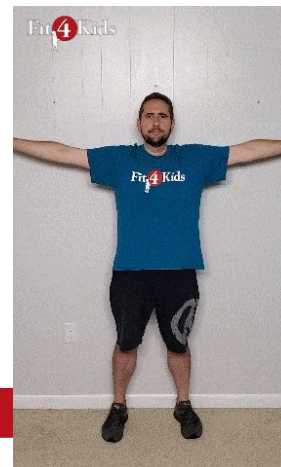
$$6 + Z = 12$$

- A) 6
- B) 7
- C) 12
- D) 18

Cross Crawls



Alternative Move





Lateral Raise

or

DANCE PARTY



10) What is X?

$$X - 21 = 1$$

- A) 20
- B) 21
- C) 22
- D) 23

Alternative
Move

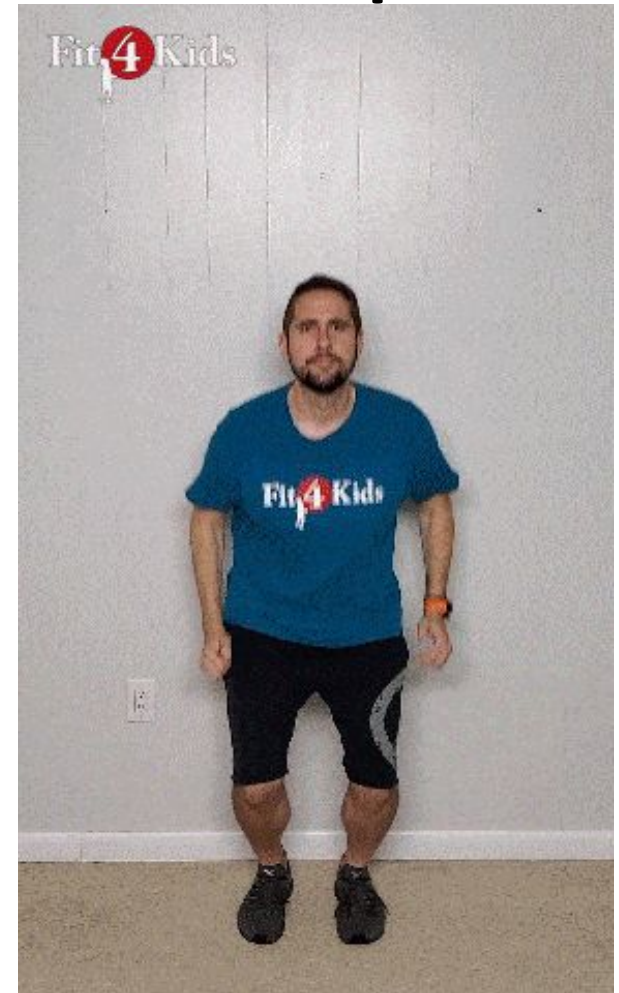


11) What is Y?

$$84 - Y = 80$$

- A) 164
- B) 80
- C) 48
- D) 4

Alternative
Move



Jumps

12) What is Z?

$$Z - 14 = 14$$

- A) 28
- B) 14
- C) 10
- D) 0

Alternative
Move





Sumo Squats

or

DANCE PARTY



13) What is X?

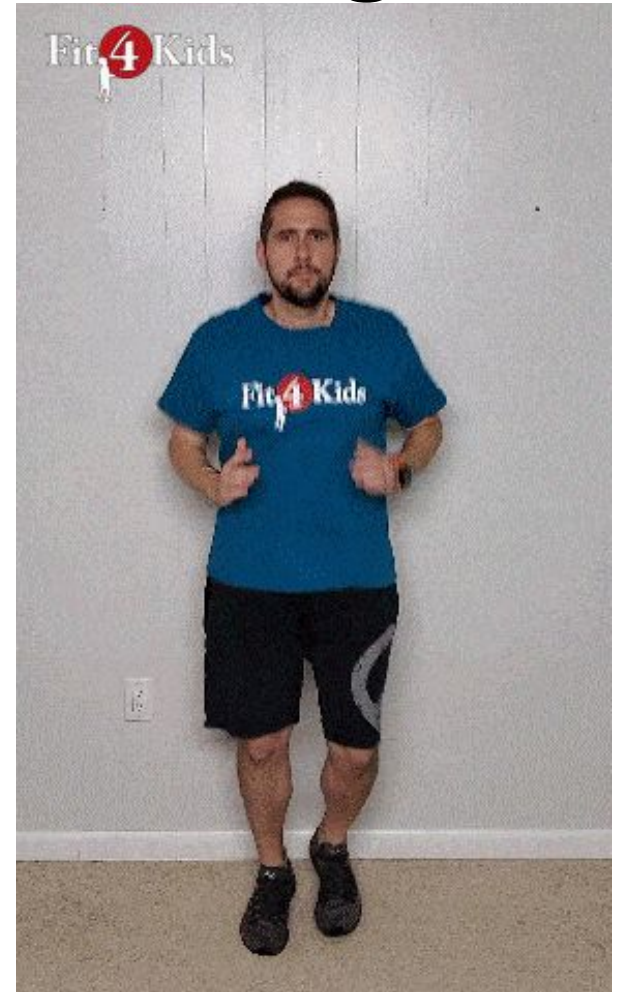
$$X - 4 = 5 - 4$$

- A) 1
- B) 9
- C) 4
- D) 5

Alternative Move



Jog



14) What is Y?

$$Y - 894 = 1$$

- A) 893
- B) 895
- C) 8,941
- D) 1,894

Alternative Move



15) What is Z?

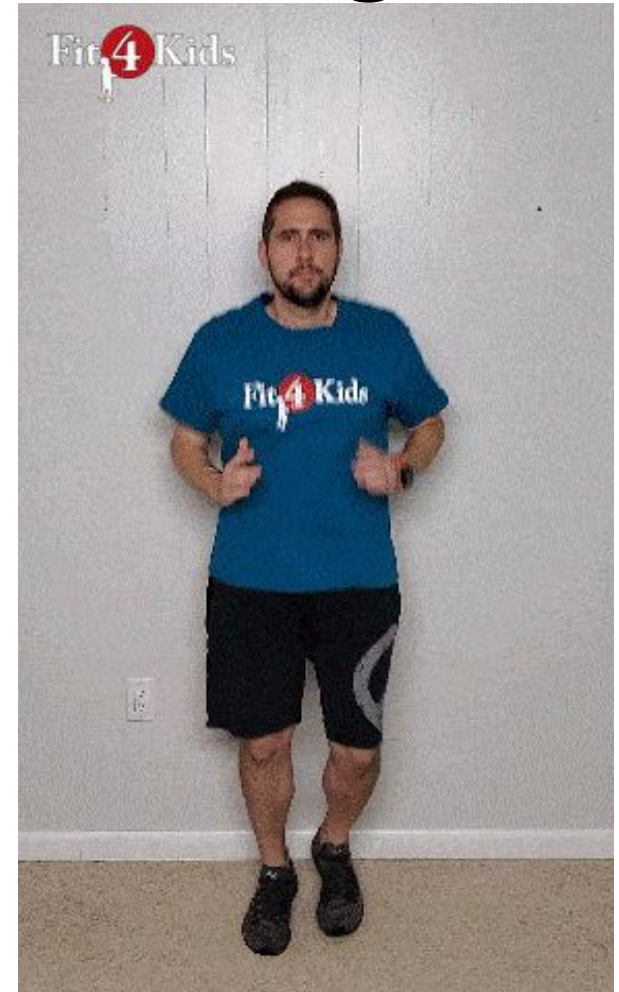
$$128 - Z - 28 = 100$$

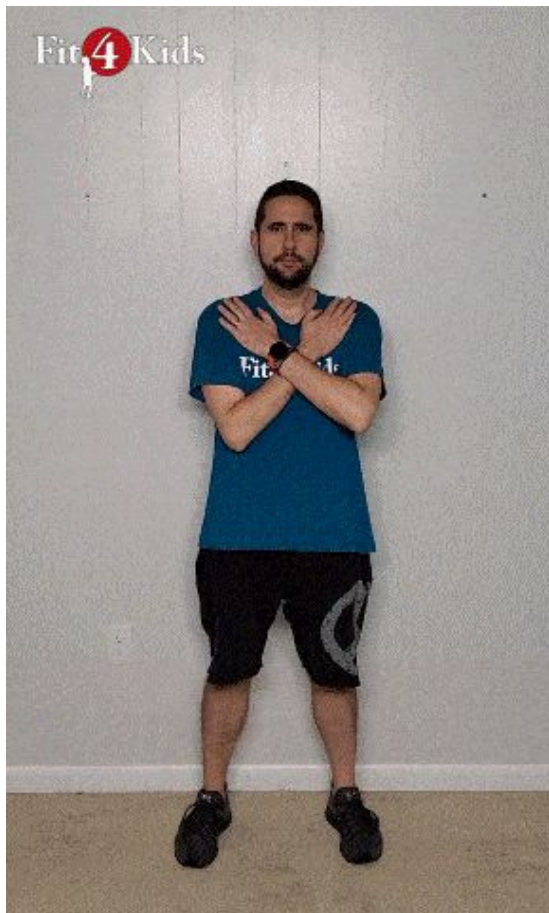
- A) 100
- B) 10
- C) 0
- D) 28

Alternative Move

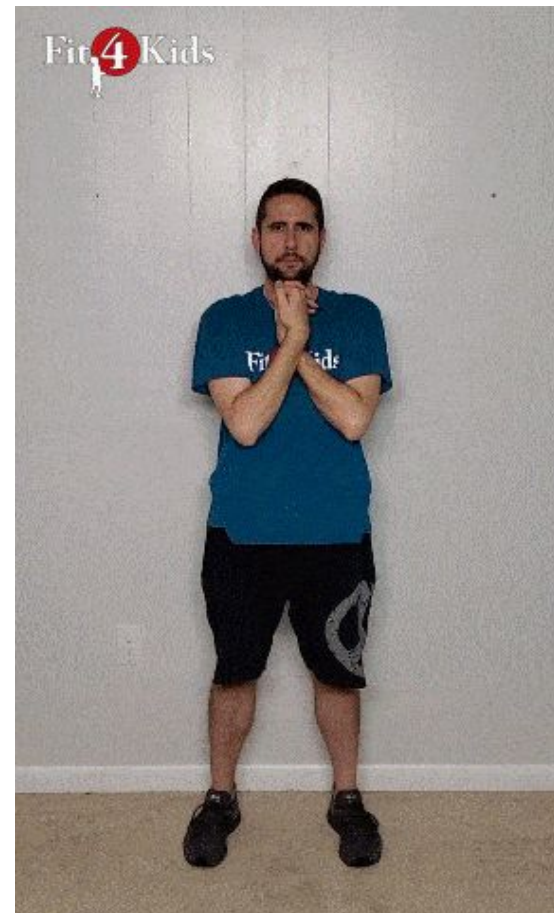


Jog





Mummy



Pretzel

