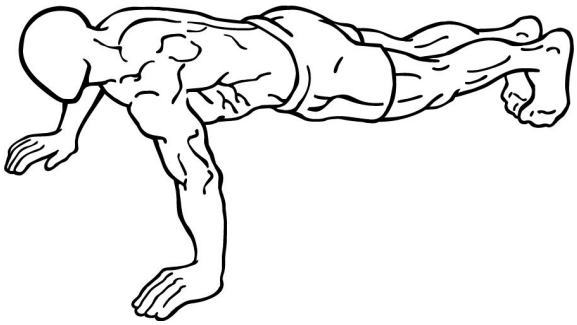
Fitness Tic-Tac-Toe (Week 1)

Complete three activities in a row or black out the grid for a fitness WIN!

Grab two soup cans from the pantry and complete 20 arm circles (forward and backwards); stop to take a break after each 10 if you feel tired.	Complete this 4 minute LEGS tabata→ https://youtu.be/02USgrmbMTc	Complete 40 curl-ups (sit-ups); stop and take breaks every 10 if you feel tired.
Complete 20 burpees; stop to take break a break after 10 if you feel tired.	Complete this 4 minute tabata from youtube→ https://youtu.be/V6IfvF5xe8A	Complete 40 pushups; stop and take breaks if you feel tired.
Complete a 30 second plank 2 times; use this stopwatch if you need a timer→ https://www.online-stopwatch.com	Complete the “Baby Shark” ab challenge → https://youtu.be/LurCQ9XGkt0	Complete 40 jump squats; stop and take a break after each 10 if you feel tired.

Arm circles

curl-ups/sit-ups

Pushups 

Jump squats

Burpees

Plank