**The Muscle Hustle**

**Grade Level:** 3rd - 5th Grade

**Equipment:** Muscle Poly-Spots, Exercise Cards, and Exercise Order Sheet

**Objective:** Students will be able to show knowledge of different exercises to strengthen the muscles of the body.

**Procedure:** Divide your class into three to six teams. Each team receives a set of colored exercise cards and the same colored exercise order sheet. On the start of the music or the word “Go” each group goes and finds the muscle that matches up with the exercise that it strengthens. Place the exercise card underneath or next to the Muscle Poly-Spot. Then perform 10 repetitions of the exercise as a team. The team to complete the Muscle Hustle first as a group is the winner.

**Muscle Hustle Exercise Card List:** Students should know these exercises to play the game. Toe raises, squats, lunges, arm circles, shoulder shrugs, bicycles, dip push-ups, bench press, seated row, wrist curl, shoulder press, jump rope, one leg stretch, pull down, curl-ups, push-ups, side bends, power climbers.