Chicago, Illinois:

30 jumping jacks

Move to Boston, Massachusetts

Boston, Massachusetts:

15 pushups

Move to Houston, Texas.

Houston, Texas:

Jump rope to Seattle, Washington and back. (Be aware of your surroundings!)

Move to Tennessee.

Tennessee:

20 Crunches

Move to Miami, Florida.

Miami, Florida:

Crabwalk to Tennessee and back

Move to San Francisco, California.

San Francisco, California:

Skip or jog around the country two times

Move to Philadelphia, Pennsylvania.

Philadelphia, Pennsylvania:

10 chair dips

Move to Seattle, Washington.

Seattle, Washington:

5 cartwheels or a 20-count stork stand

Move to Des Moines, Iowa.

Des Moines, Iowa:

High knees to the Pacific Ocean and back

Move to Washington D.C.

Washington D.C.:

5-10 clapping push-ups

Move to Nevada.

Nevada:

Do the Cupid Shuffle five times

Move to Boise, Idaho.

Boise, Idaho:

Grapevine to the Atlantic Ocean and back

Move to North Carolina.

North Carolina:

50 line jumps

Move to Omaha, Nebraska.

Omaha, Nebraska:

12 jump squats

Move to New York City.

New York City:

20 arm circles forward. 20 arm circles backwards.

Move to Alabama.

Alabama:

20 mountain climbers

Move to Atlanta, Georgia.

Atlanta, Georgia:

20 knee tucks

Move to Denver, Colorado.

Denver, Colorado:

Lunges to New York City and back

Skip back to Chicago, Illinois.

Atlantic Ocean

Pacific Ocean