

# Aerobic Challenge Worksheet

Instructions: **Do these exercises independently** and in a **random order**. Make sure to complete them correctly. **Move clockwise** for any that ask you to move around the perimeter of the gym. And remember to **pay attention to your heart and lungs!**

- Jog around the perimeter of the gym 3 times
- Jump rope for 100 jumps
- Dribble a soccer ball (or deck ring) around the gym perimeter
- Toss and catch a yarn ball while moving around the perimeter
- Work on a trick with a hula hoop for 2 minutes
- Side slide around the gym
- Complete 35 jumping jacks
- Give 10 people a high five
- Hold a plank for 1 minute
- Grapevine around the perimeter 2 times