

# POPSICLE STICK PICK

## List of Exercises

Front Crab Around Room	Back Crab Around Room	10 Karate Kicks	10 Frog Hops	25 Jumping Jacks	Run Around the Room 2 Times
10x Push-Ups	5 Inch Worms	20 Butt Kickers	10 Lunge Jumps	10 Ski in Place	10 Sit-Ups
Basketball Dribble & Dunk	10 Sec Pretend Swimming	10 Row Boats	10 sec Pretend Hula Hoop	10 Donkey Kicks	3 Kartwheels
Walk Backwards Around Room	3 Somersaults	10 Bunny Hops	5 Cheetos	20 Sec Plank	10 sec Dance
10 Ohno's	20 Toe Touches	10 Trampoline Jumps	Get a Drink of Water	10 Sec Hop on One Leg - Switch	Bear Crawl Around Room
30 Sec Jog	Soccer Dribble & Header	Skip Around Room	Get a Drink of Water	100 m Hurdles	10 Squat Jumps