

TWISTED

Set 1: If a dog chews shoes, whose shoes does he choose?

Exercises: 5x Front Crab/Backward Hop
5x Rowboat/V-Sit
5x Back Crab/Bear Crawl

Set 2: I thought of thinking of thanking you.

Exercises: 5x Right Leg Hop/Vertical Scissor
5x Left Leg Hop/Horizontal Scissor
5x Push-up/Mountain Climber

Set 3: Ted fed Fred bread and Fred fed Ted bread.

Exercises: 5x Cheetos
5x Frog Jump/Bunny Hop
5x Donkey Kick/Squat Jump

Set 4: A skunk sat on a stump and thunk the stump stunk but the stump thunk the skunk stunk.

Exercises: 5x Calf Raise/Tuck Jumps
5x Crunch/Dancing Crab
5x Ohno/Ohyes

Set 5: I saw a kitten eating chicken in the kitchen.

Exercises: 20 sec Arm Circles/Cheetahs
5x Starfish Burpees
5x Jumping Jack Lunges

Set 6: I scream, you scream, we all scream for ice cream.

Exercises: 20 sec Skiing Basketball
20 sec Soccer Wacky Jack
5x V-Sit/Windshield Wiper