

TWISTED #2

Set 1: A skunk sat on a stump and thunk the stump
stunk but the stump thunk the skunk stunk.

Exercises: 5x Calf Raises/Tuck Jumps
5x Crunches/Dancing Crab
5x Ohno/Ohyes

Set 2: I saw a kitten eating chicken in the kitchen.

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

Set 3: I scream, you scream, we all scream for ice
cream.

Exercises: 20 sec Skiing/Basketball
20 sec Soccer/Wacky Jacks
5x V-Sits/Windshield Wiper