

POPSICLE STICK PICK

List of Exercises

Cone 1 Front Crab To Cone Run Back	Cone 2 Back Crab To Cone Run Back	Cone 3 10 Karate Kicks	Cone 4 10 Frog Hops	Cone 5 25 Jumping Jacks	Cone 6 Run to Cone Run Back
Cone 1 10 Push-Ups	Cone 2 Inch Worm to Cone Run Back	Cone 3 20 Butt Kickers	Cone 4 10 Lunge Jumps	Cone 5 10 Ski in Place	Cone 6 10 Sit-Ups
Cone 1 10 sec Basketball Dribble & Dunk	Cone 2 10 Sec Pretend Swimming	Cone 3 10 Row Boats	Cone 4 10 sec Pretend Hula Hoop	Cone 5 10 Donkey Kicks	Cone 6 3 Kartwheels
Cone 1 10 Toe Raises	Cone 2 3 Somersaults	Cone 3 10 Bunny Hops	Cone 4 5 Cheetos	Cone 5 20 Sec Plank	Cone 6 10 sec Dance
Cone 1 10 Ohno's	Cone 2 20 Toe Touches	Cone 3 10 Trampoline Jumps	Cone 4 10 Boxing Punches	Cone 5 5 Hop on 1 Leg Switch	Cone 6 Bear Crawl to Cone Run Back
Cone 1 30 Sec Jog in Place	Cone 2 10 sec Soccer Dribble & Header	Cone 3 Skip to Cone Run Back	Cone 4 20 Arm Circles	Cone 5 10 Mountain Climbers	Cone 6 10 Squat Jumps