

THE ORIGINAL GAME OF
CONNECT 4

FITNESS

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|---------------------|---------------------|-----------------------------|----------------------|--------------------|-----------------------------|---------------------|
| 10 JUMPING JACKS | 10 SQUATS | 10 MOUNTAIN CLIMBERS | 10 LUNGES | 5 PUSH-UPS | 15 SECOND WALL SIT | 20 HIGH KNEES |
| 5 BURPEES | 20 HIGH KNEES | 10 SECOND BUTTERFLY STRETCH | 20 HIGH KNEES | 5 BURPEES | 10 SIT-UPS | 10 SQUATS |
| 10 LUNGES | 10 SIT-UPS | 15 SECOND WALL SIT | 10 SQUATS | 10 JUMPING JACKS | 10 MOUNTAIN CLIMBERS | 5 PUSH-UPS |
| 10 SQUAT JUMPS | 15 SECOND LOW PLANK | 5 PUSH-UPS | 15 SECOND LOW PLANK | 10 SQUATS | 10 SECOND BUTTERFLY STRETCH | 10 SQUAT JUMPS |
| 5 PUSH-UPS | 5 BURPEES | 15 SECOND WALL SIT | 10 MOUNTAIN CLIMBERS | 15 SECOND WALL SIT | 20 HIGH KNEES | 15 SECOND LOW PLANK |
| 15 SECOND LOW PLANK | 10 JUMPING JACKS | 10 SECOND BUTTERFLY STRETCH | 10 SQUAT JUMPS | 10 SIT-UPS | 10 LUNGES | 10 JUMPING JACKS |

Directions:
 *Cut out your red and yellow game pieces.
 *One person plays red pieces and the other person plays yellow pieces.
 *Rock, Paper, Scissors to decide who goes first.
 *Place your game piece on a circle on the board and perform the exercise. Take turns.
 *First person to get 4 in a row in any direction (horizontal, vertical, diagonal) wins the game.
 *HAVE FUN!!

