

# My Fitness Trial



1. Walk across the balance beam.....
2. Do 10 sit-ups.....
3. Run a lap around the playground.....
4. Hold a 30-second plank.....
5. Jump as far as you can.....
6. Do 5 push-ups.....
7. Climb across the monkey bars.....
8. Do 20 jumping Jacks.....
9. Jump rope 10 times in a row.....
10. Crab walk across the black top.....