

# Easter Egg Workout



## Supplies



- Plastic Easter eggs
- Easter basket or bag of any kind (to collect eggs)
- Exercises on small pieces of paper
- Yard or area in your house to hide eggs
- Other options: Ziplock bags with exercise on small piece of paper in the ziplock bag or white/colored paper cut out like the shape of eggs with exercises written on them



## Exercise Ideas

- Jog in Place for 30 Seconds or Jog Around your House
- 10 Push Ups
- 20 Crunches
- 5 Burpees
- 10 Toes Touches (any variation)
- 1 Minute High Knees
- 10 Lunges
- 30 Seconds Jump Squats
- Hold a Plank for 30 Seconds
- 30 Second Mountain Climbers
- 3 Rounds

