

# YOUTUBE WARM UP LINKS

Dances: Avacado, Let's Get Ridiculous,  
Pikachu, Calling all the Monsters, Space Jam

<https://www.youtube.com/watch?v=UJeH8gcjuj0>

<https://www.youtube.com/watch?v=U6NZLfxgjlo>

<https://www.youtube.com/watch?v=6pvtNxLiWdE>

<https://www.youtube.com/watch?v=NXAxWV8-4X4>

<https://www.youtube.com/watch?v=z0evAuWFIPs>

Avengers/Justice League HIIT Workouts

<https://www.youtube.com/watch?v=u8IZfNrA17w>

<https://www.youtube.com/watch?v=sqZFz44AB78>

Bop-It Fitness

[https://drive.google.com/file/d/1wt0FSB1ISxphMkC  
K4qCaZxvOVnHZn2Xe/view](https://drive.google.com/file/d/1wt0FSB1ISxphMkC<br/>K4qCaZxvOVnHZn2Xe/view)

Would You Rather Fitness Challenge?  
(versions 1 and 2)

<https://www.youtube.com/watch?v=G3y5rmgHBgs>

<https://www.youtube.com/watch?v=jAuhWjMRCpg>

Glen Higgins Fitness Videos

<https://www.youtube.com/watch?v=jyWyBern6q4>

[https://www.youtube.com/watch?v=YC\\_V8hnU2PY](https://www.youtube.com/watch?v=YC_V8hnU2PY)

<https://www.youtube.com/watch?v=c3oeoVsM95s>

<https://www.youtube.com/watch?v=QL2C0X3Gx1U>

“Old Town Road” Tabata Workout

<https://www.youtube.com/watch?v=YWgH4HSNnLY>

“Fortnite Fitness” Tabata Workout

[https://www.youtube.com/watch?v=4v6Zcc1\\_tR0](https://www.youtube.com/watch?v=4v6Zcc1_tR0)

<p style="text-align: center;"><b>B</b></p> <p style="text-align: center;">Be ready for an adventure</p>	<p style="text-align: center;"><b>I</b></p> <p style="text-align: center;">Indoor activities</p>	<p style="text-align: center;"><b>N</b></p> <p style="text-align: center;">Need for Speed</p>	<p style="text-align: center;"><b>G</b></p> <p style="text-align: center;">Getting off the couch</p>	<p style="text-align: center;"><b>O</b></p> <p style="text-align: center;">Outdoor Activities</p>
<p>How many stairs are in your house?</p> <p>_____</p>	<p>Balance on 1 foot longer than your family members.</p> <p>_____</p>	<p>How fast can you skip from room to room.</p> <p>_____</p>	<p>Have a family plank contest.</p> <p>_____</p>	<p>See how far you can jump in 5 tries.</p> <p>_____</p>
<p>Take a nature hike in your yard.</p> <p>_____</p>	<p>Do a jumping jack for every letter of the alphabet.</p> <p>_____</p>	<p>How fast can you run a lap around your house?</p> <p>_____</p>	<p>Teach your family your favorite tag game.</p> <p>_____</p>	<p>Hop from your car to your house.</p> <p>_____</p>
<p>How many steps does it take to walk around your house?</p> <p>_____</p>	<p>Jump in and out of a room in your house while counting to 10</p> <p>_____</p>	<p><b>FREE SPACE</b></p>	<p>Do jumping jacks for 3 different commercials.</p> <p>_____</p>	<p>Run 1 lap around your house for every letter in your name.</p> <p>_____</p>
<p>Move through your house like your favorite animal.</p> <p>_____</p>	<p>Jog in place for 30 seconds in every room of your house.</p> <p>_____</p>	<p>Have a race to find the fastest person in your family.</p> <p>_____</p>	<p>Dance to your favorite song.</p> <p>_____</p>	<p>Do 3 different animal laps around your house.</p> <p>_____</p>
<p>Walk to get the mail for 3 days.</p> <p>_____</p>	<p>Toss a ball to yourself and catch it 20 times.</p> <p>_____</p>	<p>How fast can you clean up your toys?</p> <p>_____</p>	<p>Do jumping jacks for 3 different commercials.</p> <p>_____</p>	<p>Kick a ball around your house.</p> <p>_____</p>

**BACK TO START**

Squat Jumps!  
5 x

Toe Touches!  
8 x

Mountain Climbers  
10 x

**TOUCH EVERY DOOR IN THE HOUSE!**

**10 JUMPING JACKS**

ABC PUSH-UPS  
20 x

**15 JUMPING JACKS**

Butterfly stretch!  
10 sec

BURPEES  
5 x

**SKIP TO START!**

Star Jumps  
7 x

Elbow Plank  
10 sec

**10 JUMPING JACKS!**

Wall Sit  
20 sec

10 ABC Push-Ups

**15 JUMPING JACKS!**

V-SIT  
10 sec

20 ABC Push-Ups

Arm Circles  
20 x

# FITNESS MONOPOLY

-Take turns rolling the dice, moving your game piece, and completing the activity in the square.  
-When your piece gets around to the **START**, get a drink of water and give yourself 1 point!

**15 JUMPING JACKS!**

10 ABC Push-Ups

Mountain Climbers x 14

Star Jumps  
7 x

15 ABC Push-Ups

Wall Sit  
15 sec

High Knees  
20 x

**10 JUMPING JACKS!**

Squat Jumps  
7 x

**SKIP 5 SPACES!**

Elbow Plank  
15 sec

**10 JUMPING JACKS**

Mountain Climbers  
10 x

Butterfly stretch!  
10 sec

**15 JUMPING JACKS**

Squats  
10 x

**Do a Burpee in your bedroom!**

V-SIT  
7 sec

ABC PUSH-UPS  
15 x

**START**