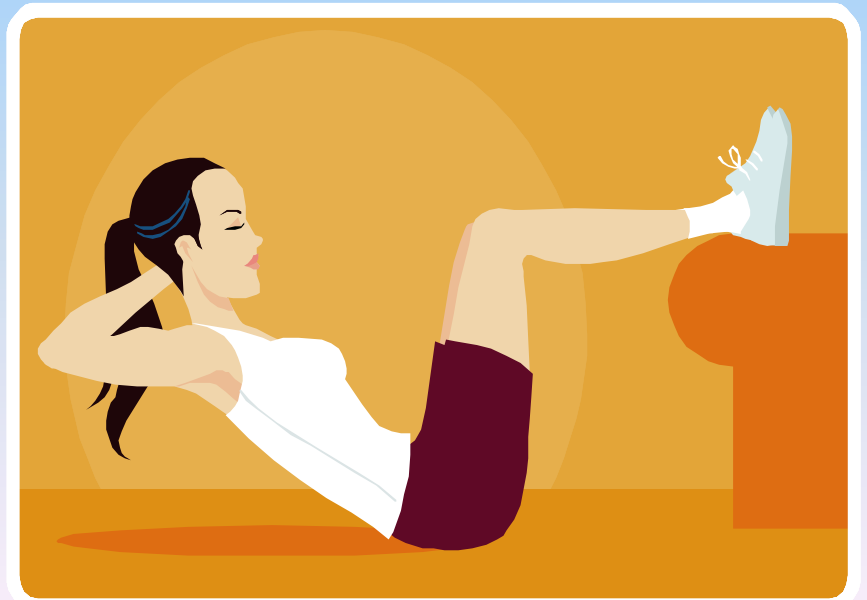


Bowling Fitness



Directions

- Count the number of pins that are still standing after your turn (roll twice per turn – unless you get a strike).
- Multiply the number of your turn by the # of pins standing after two rolls.
- What's the product of the two numbers? Do that many repetitions of the exercise listed on the chart.

Turn	# of pins still STANDING	Do that many...
1	1 x _____	Runs along the length of the alley
2	2 x _____	Push- Ups
3	3 x _____	Sit-ups
4	4 x _____	Jumping Jacks
5	5 x _____	Lunges