**PUMPKIN PATCH FITNESS CARDS**

Let’s have some Pumpkin Patch fun as we use Pumpkin Patch Fitness Cards to exercise our muscles and improve our aerobic capacity.

Pick a card. When the music starts, everyone will do the exercise named on the card.

When the music stops, we’ll stop our activity and pick a new card.

[[See the Demonstration on YouTube](https://youtu.be/czx_vfreRlQ)]

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| **10**  **Jumping**  **Jacks** | **10**  **Mummy**  **Jacks** |
| **10-Second**  **Plank**  **Hold** | **10**  **Star**  **Jumps** |
| **10 Seconds of**  **Stationary**  **Sprints** | **10**  **Invisible**  **Jump Ropes** |
| **5**  **Burpees** | **5 Explosive**  **Jump Squats** |