**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** |