

TURKEY TROT

Games with Safe Physical Distance

THANKSGIVING FEAST STATIONS

(With Darebee.com Station Links)

Objective: Complete each station's exercise for 30 seconds with a 15 second interval break. (Interval Music: [Apple Music](#), [Spotify](#))

Set-up: Review the demonstrations for each exercise that mimics making a feast on Thanksgiving Day.

Description: Complete the following interval stations for 30 seconds with 15 seconds of rest in between exercises.

1. Task 1: Apple Peeler
 - <https://darebee.com/exercises/sitting-twists.html>
2. Task 2: Potato Masher
 - <https://darebee.com/exercises/hop-heel-clicks.html>
3. Task 3: Cranberry Picker
 - <https://darebee.com/exercises/get-ups.html>
4. Task 4: Turkey Carver
 - <https://darebee.com/exercises/flutter-kicks.html>
5. Task 5: Squash Smash
 - <https://darebee.com/exercises/jump-knee-tucks.html>
6. Task 6: Pumpkin Pie Slicer
 - <https://darebee.com/exercises/plank-walkouts.html>

[\[YouTube Demonstration\]](#)

