



Exercise Chart

Each piece of the snowman is numbered.
Perform the exercise after collecting the snowman piece with that number.

Number	Exercise
1	1 Burpee
2	2 Mountain Climbers
3	3 Desk Push-ups
4	4 Sit-ups
5	5 Squats
6	6 Shoulder Taps
7	7 Crab Kicks
8	8 Lunges
9	9-Count Plank
10	10 Jumping Jacks

Debrief Question:

Have you ever built a real snowman?

If YES, tell us the steps you had to follow to build the snowman?