Spin Fit

The Goal:
Add up your repetitions. Get the highest score possible after 3 rounds of fitness fun.

What You Need:
Flying Disc

How To Play:
- Round 1: Spin the flying disc like a coin and perform as many jumping jacks as you can until the disc stops.
- Round 2: Spin the flying disc like a coin and perform as many push-ups as you can until the disc stops.
- Round 3: Spin the flying disc like a coin and perform as many curl-ups as you can until the disc stops.
- Now add the three scores together to get your Grand Total.