

# Spin Fit

Watch this activity demo on  YouTube 

## 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.



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