**PUMPKIN PATCH EXERCISE CARDS**

|  |  |
| --- | --- |
| **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** |