**PUMPKIN PATCH EXERCISE CARDS**

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| **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** |