

## FALL FIT CLUB ACTIVITY

### Friends Giving Workout



Instructions: Grab a friend and complete as many reps of each move as possible with good form (Minimum 11 reps and 25 seconds plank).



Goblet Gobblers (Goblet Squats)



Timed Turkey Trot (Sprints in place)



Wing Workers (Arm Circles)



Harvest Hops (Squat Jumps)



PlanksGiving (Planks)



Pilgrim Pop Ups (Burpees)



Got questions? Get answers by emailing us:

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