LAFFY TAFFY

10 seconds each:

Child’s Pose

Cobra Stretch

Touch Your Toes

Calf Stretch

Butterfly Stretch

GOBSTOPPERS

Run to 1st cone, STOP & Run Back.

Run to 2nd cone, STOP & Run Back.

Run to 3rd cone,

STOP & Run Back.

Run to 4th cone,

STOP & Run Back

SWEET TARTS

Do 15 Sweet Squats

&

15 Sour Lunges

(15 on each side!)

NERD WALK

High knee down the field

&

Lunge Back