

Flight Club Tic- Tac- Toe

15 Jumping Jacks	10 Lemon Squeezers	20 Mountain climbers
25 Frog Jumps	30 seconds splits (Right, Left or Middle)	10 Superman Lifts
10 Bridge Rocks	15 Push Ups	25 second plank

Complete the exercise to mark off your box.

First one to complete 3 tasks that form a straight or diagonal line wins.

Have fun and try to block your opponent while getting in some fun exercise.