

Name: _____

Date: _____

In 60 Seconds..

In 60 seconds, I can hop on 1 foot _____ times!

In 60 seconds, I can do _____ jumping jacks!

In 60 seconds, I can do _____ push-ups!

In 60 seconds, I can do _____ sit-ups!

In 60 seconds, I can do _____ high knees!

In 60 seconds, I can do _____ squats!

In 60 seconds, I can do _____ skippings!