Two by Two Fitness Sheet Directions: Find a <u>different</u> partner for each of these activities. You do not have to do the activities in the order they are presented. Complete each activity below.

2. Touch 10 different colors (not on another human!) 3. Give your partner a: high five, low five, high ten, low ten 4. Tell a partner your favorite joke while jogging in place 5. Balance on your left foot for 10 seconds while holding your arms out to the sides 5. Do 10 + 5 jumping jacks 7. Have an arm wrestle 8. Complete 15 bicep curls 9. Complete 5 bicep curls 9. Complete 6 squats 10. Hop on one foot five times then hop on the other foot five times 11. Create a 20 second dance sequence with your partner 12. Complete 5 lunges on each leg 13. Hold a yoga pose for 20 seconds (you choose!)- if you can't think of one, create your own 14. Touch your toes 8 times 15. Share your favorite recipe with a partner while you complete 15 arm circles 16. Jump-rope in place for 15 seconds 17. Complete 2 push-ups 18. Walk and talk sharing your favorite physical activity 19. Try to touch your elbows to the floor 20. Wall sit for 20 seconds 21. Create a 10 second stretching sequence 22. Do a 5 second plank 23. Jump side to side on both feet and share your favorite fruit or vegetable 24. Touch 3 different shapes (not on another human!)	You and a Partner:
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25. Do 25 calf raises (rise up on your tippy toes and back down)	24. Touch 3 different shapes (not on another human!)
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