**Pick It Boot Camp (Muscular Endurance Edition)**

Pick your favorite from the 2 two choices and follow the arrows until you reach the end. Complete the exercises as indicated when you reach the last choice.

Blue or Red

Chicken fingers or Pizza Toy Story or Frozen

Dog or Cat Beach or Water Park Summer or Fall Winter or Spring

Soccer or Football Rain or Sunshine Bicycle or Roller skate Pet snake or turtle

Crab walk to bedroom Hold the Push up Balance Get in Flamingo Position

and back Position say ABC’s 3x How long can you balance?

30 mountain climbers 10 Burpees 20 squats

Hold the Table Balance Perform a jumping jack Perform 10 jumping jacks in

Position while saying out loud for every letter in the alphabet each room of your house

10 words that start with “B”