

# Gym Schedule

## Activity

## Finished

Shoot 5 baskets



Walk 3 laps



Do 10 Jumping Jacks



JUMPING JACKS



# Gym Schedule

**Sit ups- complete 3 sets of 5**



**Single knee rotation- hold 10-30 seconds. Return to the starting position and repeat on the other side. Do it 3-5 times.**

