

Jump for the Moon

Jump in place for 30 seconds. Rest for 60 seconds. Repeat 3 times.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--------|---------|-----------|----------|--------|----------|--------|
| Before Exercise | | | | | | | |
| After Exercise | | | | | | | |

Crew Strength Training

Do 10 squats. Rest for 60 seconds. Repeat 3 times.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|------------------|-------------|-----------|----------|--------|----------|--------|
| Before Exercise | | | | | | | |
| After Exercise | | | | | | | |
| | 1 1 1 1 | 1 1 1 | | | | | |

Mission: Control

Bounce a tennis ball off the wall and try to catch it while balancing on one foot. Count how long you can stand on one foot.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--------|---------|-----------|----------|--------|----------|--------|
| Before Exercise | | | | | | | |
| After Exercise | | | | | | | |
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Accommodations for persons with disabilities are available upon request. Please ask for Learning Services at 255-2665 or email JPLPrograms@coj.net.