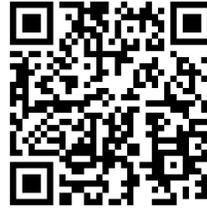


Fun Times Found With Scavenger Hunt Training



Experience FITNESS and find a deeper FAITH.



Fitness Scavenger Hunt

By Jason Rhymer, Training Department Editor

THE EIGHT ITEMS YOU NEED TO HIDE AND FIND

1. An old shoe, 2. A ball (any kind will do), 3. An old hat, 4. A tool of some kind (hammer, wrench, etc.), 5. A pair of work gloves or old gloves, 6. Ace of Spades playing card, 7. Dice (one), 8. Rubber ducky or similar small kids toy.

THE WORKOUT "CHECKLIST"

- old shoe = 10-20 squats
- ball = 10 giant circles each direction
- old hat = 10-20 Push-ups
- tool = 10 Speed "Get-ups"
- old work gloves = Bear Crawl 10-20 yards
- Ace of Spades playing card = 10 Burpees
- Dice = even number + 10 squats / odd number + 10 push-ups
- Rubber ducky or toy = Duck Walk 10 yards

RECORD YOUR INITIAL RESULTS

Name: _____

00 : 00

Name: _____

00 : 00

Name: _____

00 : 00

RECORD YOUR IMPROVED RESULTS

Name: _____

00 : 00

Name: _____

00 : 00

Name: _____

00 : 00