

Body Shapes



Ta-Da



Pike



Lunge



Tuck



Donkey Kick



Candlestick



Push-up



Table



Arabesque



Hollow



Straddle



Headstand



Arch



Handstand



Bridge



Freeze



Slide



Flamingo



V-Sit



Rest



Hold each shape for 3 seconds. Challenge a partner to call out shapes and test your memory and rotate. Can you create a routine of 6-9 shapes, holding for 3 seconds each and perform without hesitation?

Write down your score on your 30 Days of Fitness Sheet and try and beat it next time! **And Don't Forget to Wash Your Hands after!**