

T-Shirt 10's Training

Materials Needed:

At least 5 adult shirts. You can use more for extra entertainment/exercise.

Instructions:

1. Gather up some adult shirts and lay them out in a pile next to your child.



2. Moving as fast as they can, instruct them to put on the first shirt and do 10 jumping jacks.



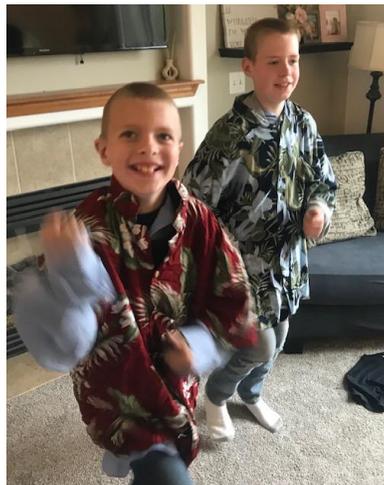
3. Put on the second shirt and do 10 sit-ups.



4. Put on the third shirt and do 10 squats.



5. Put on the fourth shirt and run in place for 10 seconds.



6. Put on the fifth shirt and do 10 star jumps.



7. Repeat the steps in reverse order and take the shirts off instead of putting them on. For multiple players, the first person to complete the challenge wins. For one child, time them to see how fast they can do this. Can they beat their time the next time they are challenged?

