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| **Wall Sit**20 Macaroni | **Plank**Image result for high plank20 Macaroni | **Wall Walk-Up**15 Macaroni |
| **Pushup Hold**Image result for kids pushups pe10 Macaroni | **Toe Raise**15 Macaroni | **6 Inches** 10 Macaroni |
| **Forearm Plank** 20 Macaroni | **Squat Hold**15 Macaroni | **Prayer Pose**10 Macaroni |
| **Reverse Plank**15 Macaroni | **Static Lunge** 10 Macaroni (each leg) | **Superman**10 Macaroni |