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| **Wall Sit**    20 Macaroni | **Plank**  Image result for high plank  20 Macaroni | **Wall Walk-Up**    15 Macaroni |
| **Pushup Hold**  Image result for kids pushups pe  10 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 |