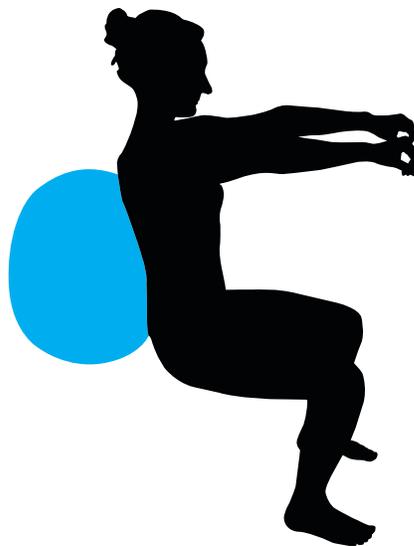
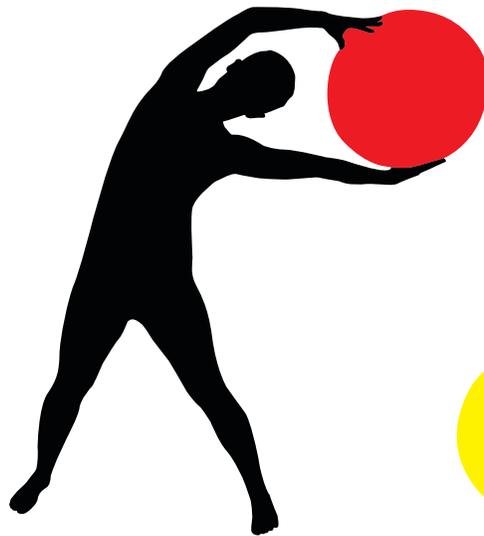


Beach Ball Workout

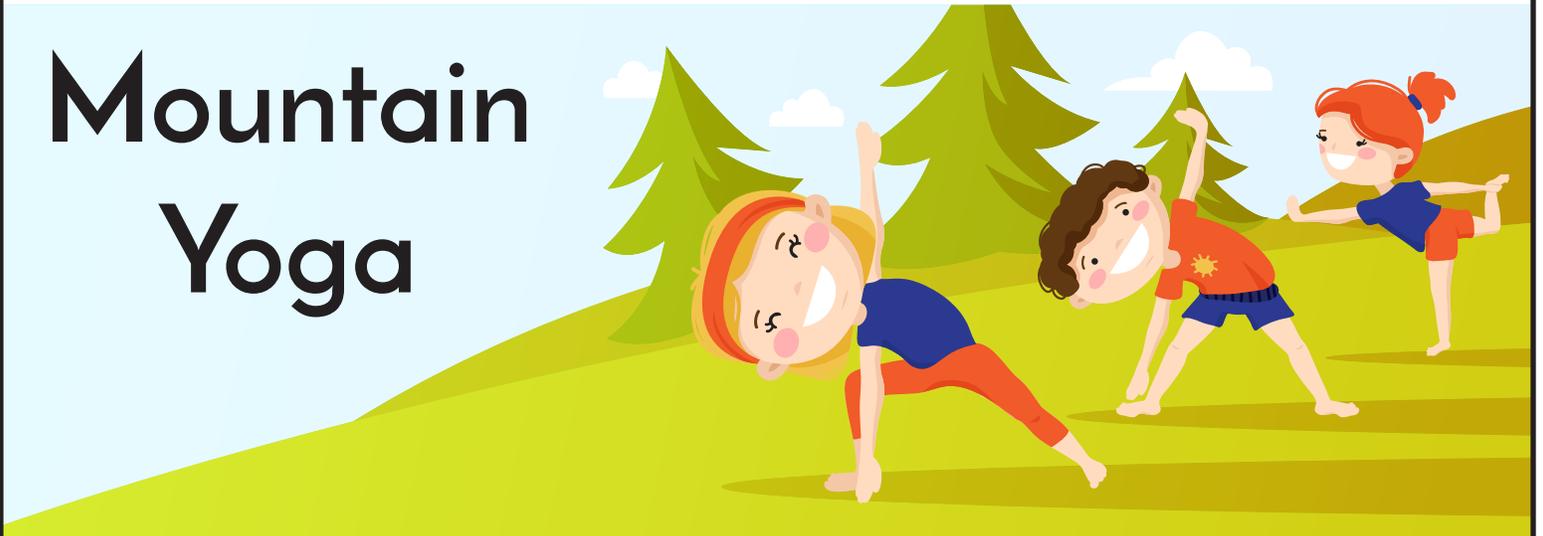
Directions: Use a beach ball to perform each exercise below. Perform 10 repetitions. Complete on right and left sides of the body if needed.



SUMMERTIME YOGA

Practice the yoga poses below.

Mountain Yoga



Rainy Day Yoga



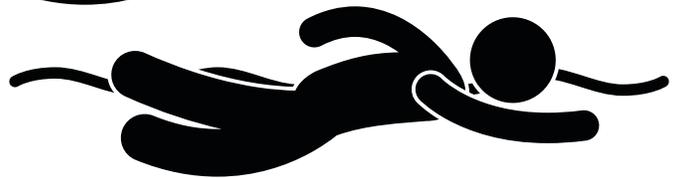
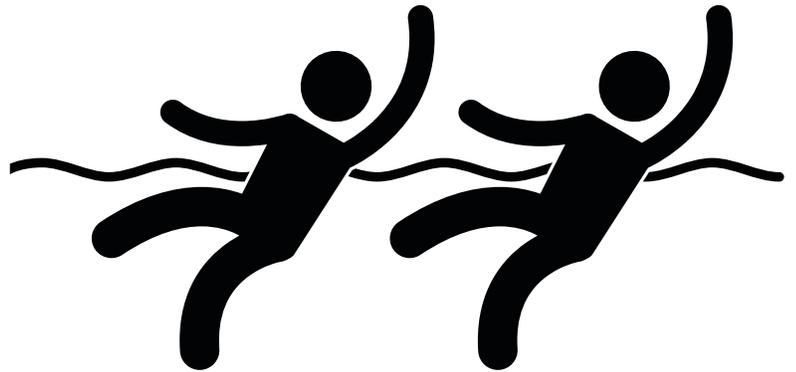
Beach Yoga



Synchronized Swimming



Directions: Grab a partner and see if you can perform these synchronized moves together. Try it on land or in the water.

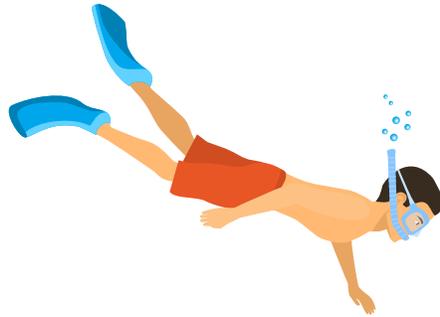


Summer Charades

Directions: Cut apart the cards and place face down. One player picks a card and acts out the summer activity without talking. Can the other players guess what summer activity is being performed?



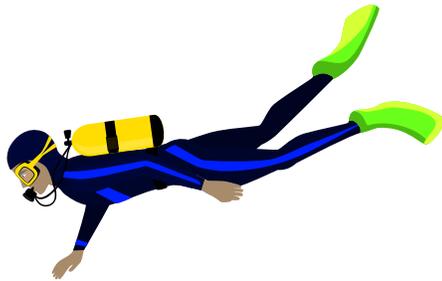
Rock Climbing



Snorkeling



Golf



Scuba Diving



Skateboarding



Horseback Riding



Roller Blading



Badminton



Bicycle Riding

Summer Workout

Head outdoors if possible. Complete the physical challenges in place (if indoors) or move around (if outdoors).

Squats for 1 minute

Unwind - turn in a circle 3x

Mountain climbers x 30 secs.

Marching for 1 minute

Explode from squat to jump 10x

Run for 2 minutes

