

100th Day Workout

I worked hard celebrating the 100th Day of School!
First, I warmed up by running in place for **100 seconds!**
Then, I did...

10 jumping jacks

10 squats

10 push-ups

10 lunges

10 toe touches

10 frog jumps

10 arm circles

10 criss-cross jumps

10 high knees

10 of my favorite dance moves



Today, I am 100 days SMARTER,
and 100 workouts STRONGER!