

Lottery Fitness

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| 1 Run 5 laps around house | 8 Bear Crawl length of yard | 15 Run 1 lap around house + 10 Burpees |
| 2 Skip 2 laps around house | 9 High Knees 30 seconds | 16 15 Tricep Dips |
| 3 30 crunches feet in air | 10 Arm wrestle a partner | 17 20 Mountain Climber |
| 4 Sprint length of yard | 11 1 minute arm circles | 18 1 minute plank |
| 5 Crab walk length of 1 room in your house | 12 30 Jumping Jacks | 19 10 squats + 10 pushups |
| 6 10 Burpees | 13 100 2 foot hops | 20 Alternate Lunges around house |
| 7 50 Toe Touches | 14 10 squats | 21 4 Laps around house |

1. Write numbers 1-21 on a piece of paper. Cut them apart and fold.
2. Put folded papers in a hat or bowl pick 1 piece of paper.
3. Do the exercise of the number that you drew.
4. Pick 5-10 times.
5. Do Lottery 3 times during the week.