**What is your favorite carnival ride? Choose your favorite ride and that is your workout!!!! Have FUN!!!**

**Ferris wheel Fun Slide Tornado**

**10 Burpees 15 SitUps 1 min Run**

**20 Lunges 20 Push Ups 10 squats**

**30 sec wall sit 25 Jumping Jacks 20 Arm Circles**

**X2 x2 x2**

**Gravitron Zipper Sizzler**

**1 min jog 1 min Run 30 Sec crab walk**

**3 Handstands 20 High knees 30 Sec wall sit**

**1 min plank 30 Lunges 30 Mountain Climbers**

**X2 x2 x2**

**Pharoah’s Fury (rocking boat) Swings**

**15 Sit ups 20 Squat jumps**

**20 Squats 30 Crunches**

**5 Cartwheels 40 Butt- Kicks**

**X2 x2**