



Field Day/Spirit Day 2020



Flip the Pillow

Shirley Verbanik - Saint Joseph and St. Thomas More

Type of Activity: Individual

Equipment Needed:

- ★ One (1) pillow or towel for each participant

Directions:

Place the pillow on the floor : count 3 steps either side of the pillow and perform 10-20 exercises that you select and each round of exercises is complete, flip the pillow to the cool side and do another exercise. You choose the amount of time 1 minute to 5 minutes. Suggested exercises : jumping jacks, windmills, sit ups, push ups, leg kicks.

Video Link: