

If You Have It Exercise Game

For this game you will do different exercises depending on what things you have around your house. So get ready, stretch and let's go!

Thing	If you have it...	If you don't have it...
Dog	10 Jumping Jacks	10 Squats
Leggos	10 Lunges	10 Sit Ups
Blue Shoes	Jump in place 20 seconds	Run in place 20 seconds
Microwave	10 Burpees	10 Push Ups
Disney Plus	Dance in place 20 seconds	Jump in place 20 seconds
Cat	10 Sit Ups	10 Lunges
Ty Beanie Boos	10 Squats	10 Jumping Jacks
Plants in the House	10 Push Ups	10 Burpees
Red Shirt	Run in place 20 seconds	Dance in place 20 seconds
Cookies in the Kitchen	10 Burpees	10 Sit ups

#PLAYGABLESATHOME
GABLESRECREATION.COM