

Miss Farah's Clean Up Workout

For this workout we're going to have some fun while keeping our room clean! Make sure you stretch and don't be afraid to keep your clean up workout going around the house!

Here are some examples:

What you cleaned up...	What you do....
Made your bed	10 Jumping jacks
Picked up your toys	10 Squats
Took out the trash	5 Lunges each leg
Did some dishes	10 High knees



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