



KidsRUN^{RVA}



ACTIVITY OF THE WEEK

Never Have I Ever - Camping Edition

Read each of the statements below. For each one that you **HAVE DONE**, do the exercise listed. If you haven't done it, you can skip that exercise.

Never have I ever slept in a tent.

30 washing machines

Never have I ever roasted marshmallows.

10 push ups

Never have I ever been hiking.

Wall sit & Count to 20

Never have I ever told scary stories in the dark.

Jog in place 30 sec

Never have I ever been in a canoe.

20 Arm Circles

Never have I ever stayed up past midnight.

15 squats

Never have I ever climbed a tree.

20 scissors

Never have I ever used the bathroom outside.

10 Super Mans

Never have I ever heard a coyote howl.

Plank for 30 sec

Never have I ever gone fishing.

Butt Kicks 20 sec

Not sure how to do some of the exercises? Check out our exercise examples at bit.ly/ExerciseExamples

Got questions? Get answers at our Workout Wednesday session or by emailing KidsRunRVA@sportsbackers.org