

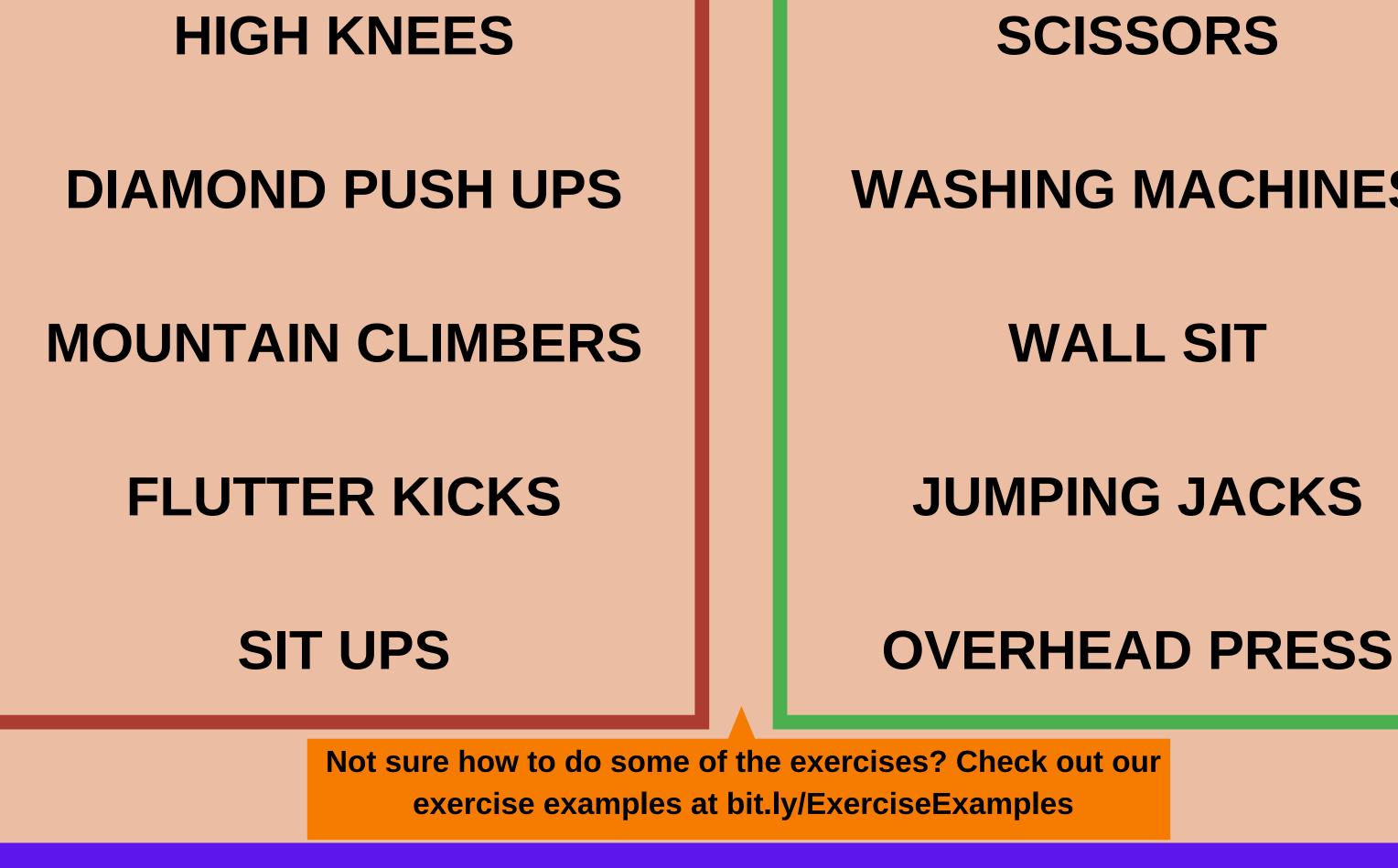
Did you know that the first ever Virginia State Fair was in 1854? Let's honor the history of our state fair by doing 18 or 54 seconds of each of the exercises listed below. Set your timer & get moving!

**18 SECONDS FOR EACH EXERCISE IN THIS BOX** 

## **SQUAT JUMPS**

**54 SECONDS FOR EACH EXERCISE IN THIS BOX** 

**JOG IN PLACE** 



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

SCISSORS

## **WASHING MACHINES**

WALL SIT

**JUMPING JACKS**