

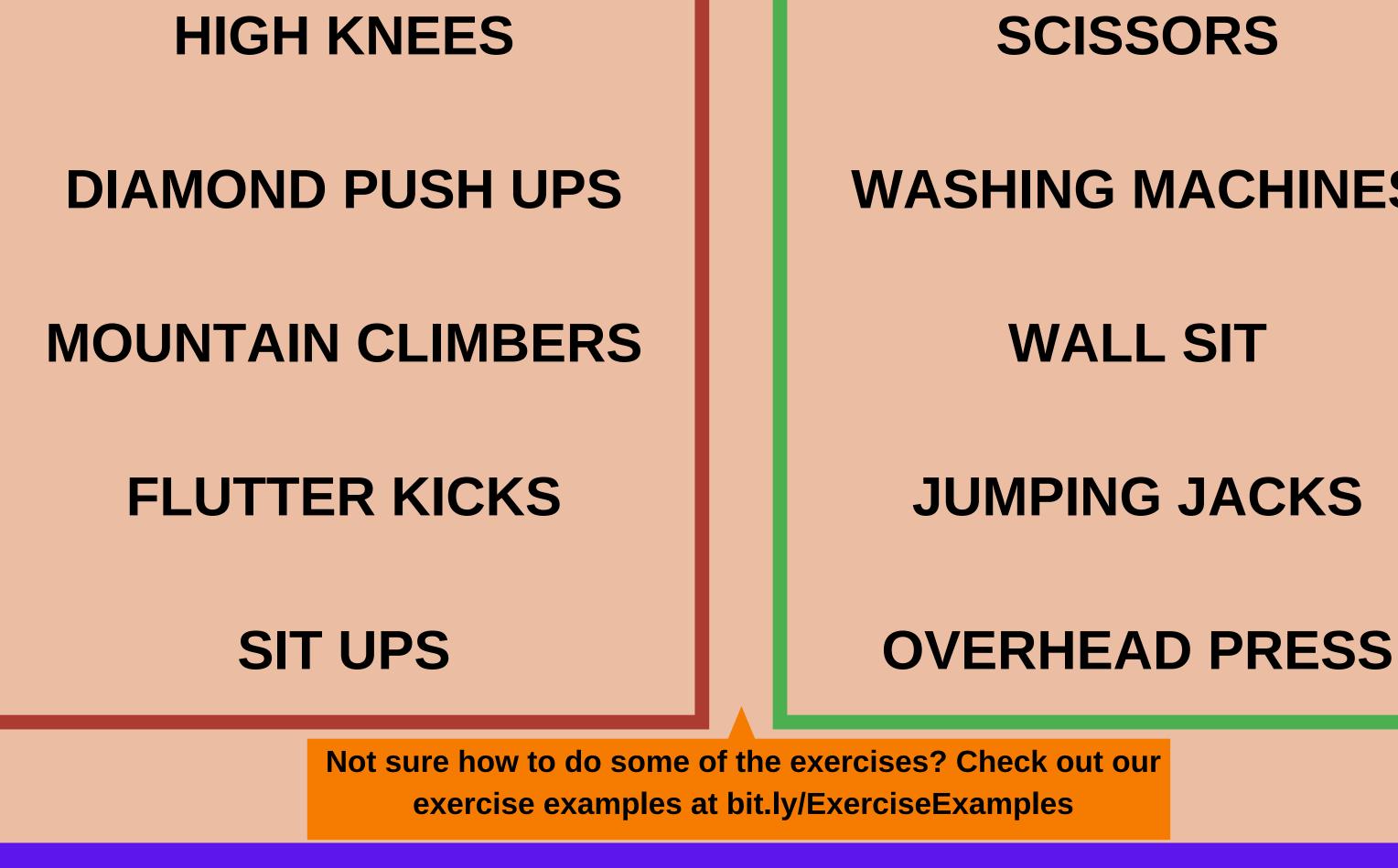
Did you know that the first ever Virginia State Fair was in 1854? Let's honor the history of our state fair by doing 18 or 54 seconds of each of the exercises listed below. Set your timer & get moving!

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