



# KidsRUN<sup>RVA</sup>

## ACTIVITY OF THE WEEK

### 1854



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**

**HIGH KNEES**

**DIAMOND PUSH UPS**

**MOUNTAIN CLIMBERS**

**FLUTTER KICKS**

**SIT UPS**

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

**JOG IN PLACE**

**SCISSORS**

**WASHING MACHINES**

**WALL SIT**

**JUMPING JACKS**

**OVERHEAD PRESS**

Not sure how to do some of the exercises? Check out our exercise examples at [bit.ly/ExerciseExamples](https://bit.ly/ExerciseExamples)

Got questions? Get answers at our Workout Wednesday session or by emailing [KidsRunRVA@sportsbackers.org](mailto:KidsRunRVA@sportsbackers.org)