**Names:**

**Push-ups 10 reps**

**Record time**

**Plank Push-ups 8 reps**

**Soccer Goal**

**Soccer Goal**

**Squat Jumps 8 reps**

**Mountain climbers**

**20 reps**

**Rope Pulls**

**5 reps**

**Reptilian Crawl**

**10 reps**

**Burpees 6 reps**

**High Knees**

**20 reps**

**Round 1: Round 2: Round 3:**