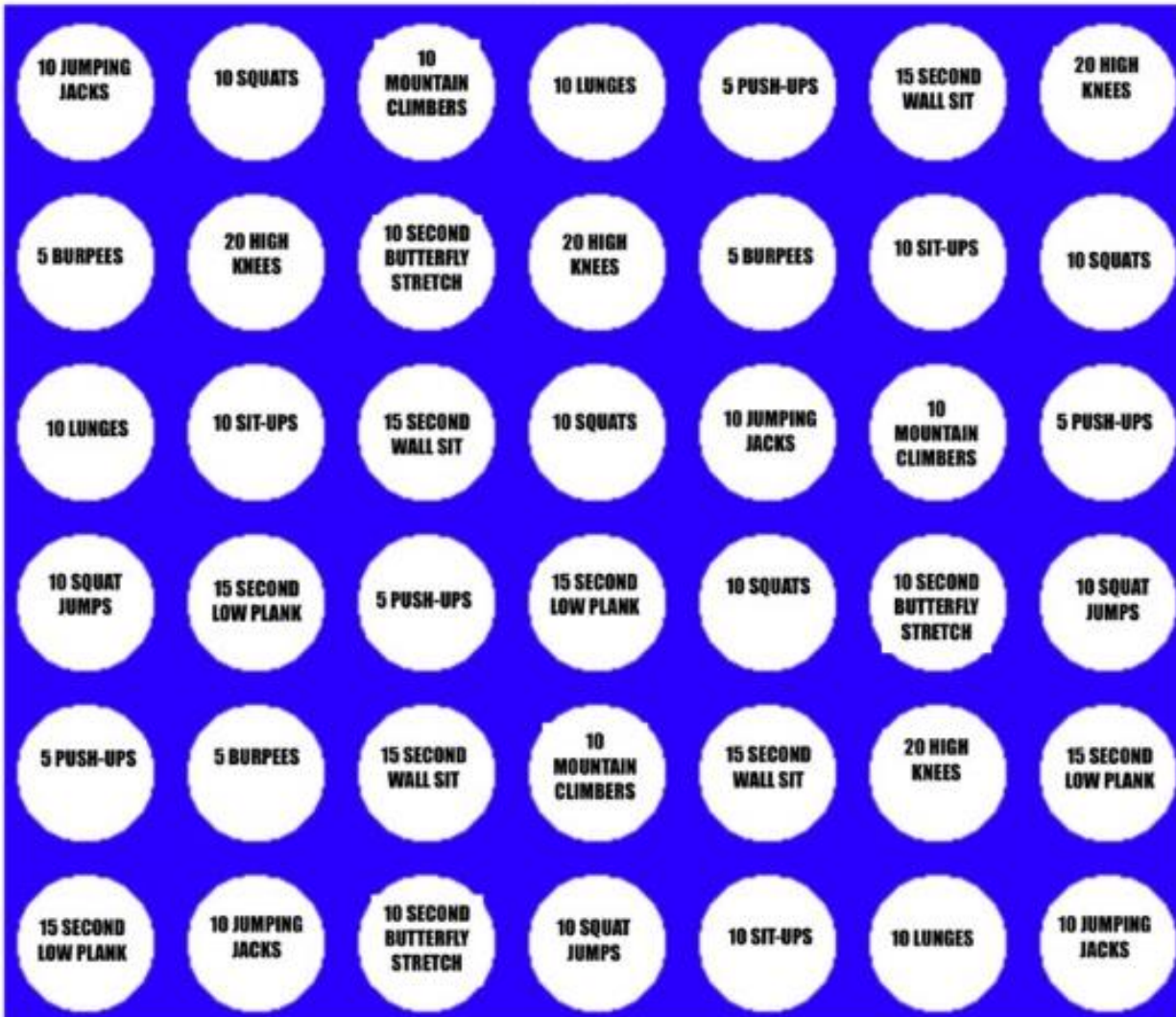


THE ORIGINAL GAME OF  
**CONNECT 4**

# FITNESS



**Directions:**  
\*Cut out your red and yellow game pieces.

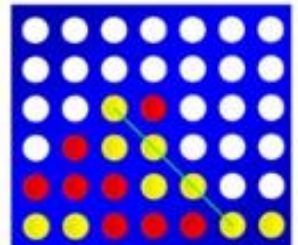
\*One person plays red pieces and the other person plays yellow pieces.

\*Rock, Paper, Scissors to decide who goes first.

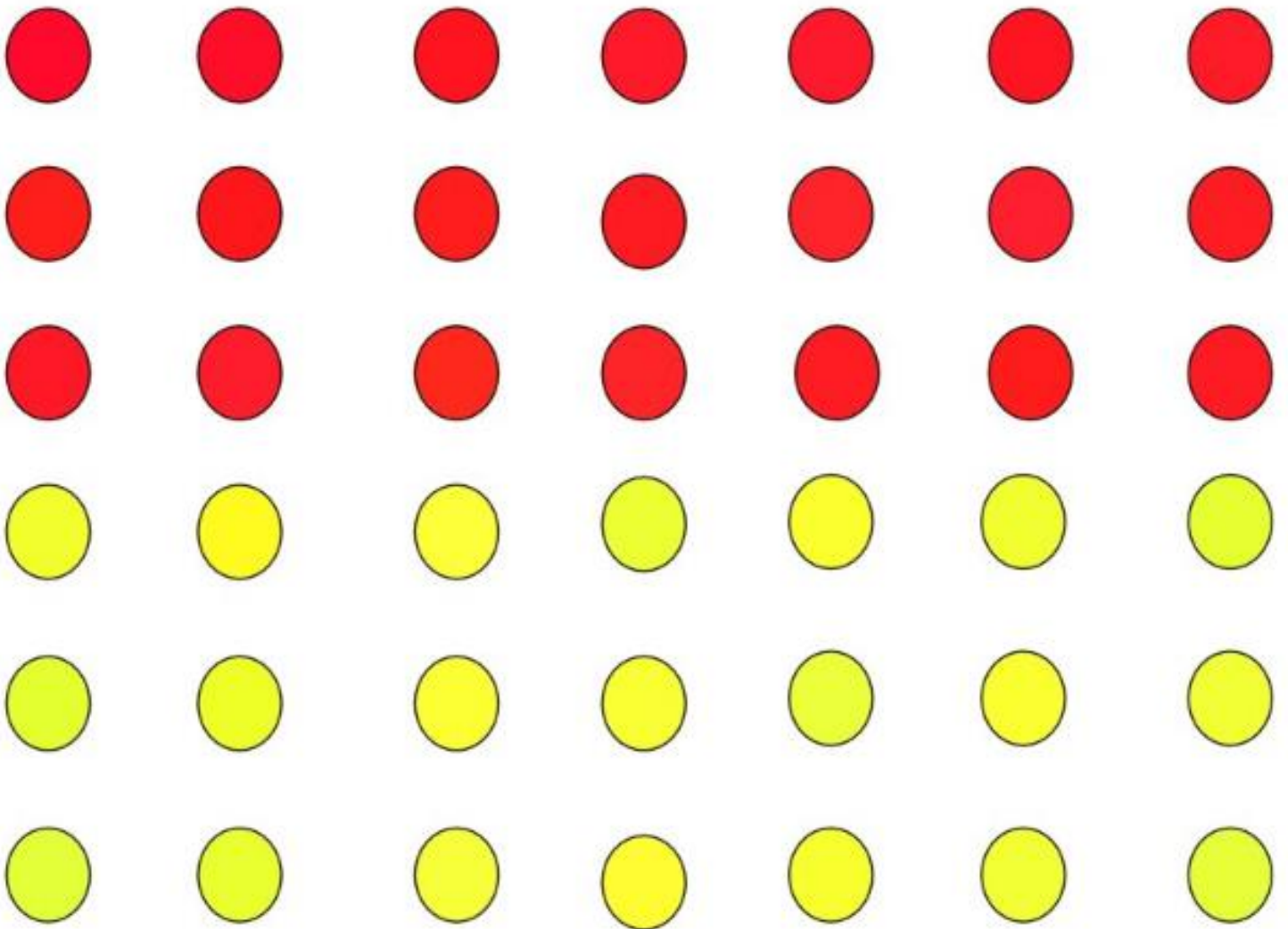
\*Place your game piece on a circle on the board and perform the exercise. Take turns.

\*First person to get 4 in a row in any direction (horizontal, vertical, diagonal) wins the game.

\*HAVE FUN!!



# ***GAME PIECES***



THE ORIGINAL GAME OF  
**CONNECT 4**

# EXERCISES

**JUMPING JACKS**



**HIGH KNEES**



**BURPEES**



**SQUAT JUMPS**



**MOUNTAIN CLIMBERS**



**LUNGES**



**WALL SIT**



**SQUATS**



**PUSH-UPS**



**SIT-UPS**



**LOW PLANK**



**BUTTERFLY STRETCH**

