RAINBOW EXERCISE SCVANGER HUNT

FIND 2 THINGS THAT ARE RED DO 5 JUMPING JACKS

FIND 2 THINGS THAT ARE YELLOW DO 5 PUSH UPS

FIND 2 THINGS THAT ARE ORANGE RUN IN PLACE FOR 30

SECONDS

FIND 2 THINGS THAT ARE DO YOUR FAVORITE STRETCH

GREEN FOR 15 SECONDS

FIND 2 THINGS THAT ARE 5 SITUPS

BLUE

FIND 2 THINGS THAT ARE DO 5 SQUATS

PURPLE