|  |
| --- |
| 10 Jumping Jacks |
| 10 Push Ups |
| 10 Sit Ups  [Image result for sit up student](http://www.google.com/imgres?imgurl=http://www.bnnstudentnews.net/siteadmin/files/sit%20ups.jpg&imgrefurl=http://www.bnnstudentnews.net/article.php?id%3D272&h=165&w=305&tbnid=NgYdfxzaERUntM:&docid=WRAdlztwNgBI9M&ei=7LMvVqfzD8rY-QG_46uQDg&tbm=isch&ved=0CCgQMygMMAxqFQoTCKeZn5mW48gCFUpsPgodv_EK4g) |
| 10 Mountain Climbers |
| 10 Squat Thrusts |

**To Get Gas Fuel the Pumper**