

The Easter Egg Workout

(Stinky Shoe Workout)

Write down (or print out) a few different exercises on small strips of paper, fill up your plastic Easter eggs with them or an item that will hold the strips of paper, and scatter the eggs out in the yard. Then, run to each egg and perform each movement until you get to the next egg. Once you've rounded up all the eggs, you can either call it a day or scatter them out again for a longer workout.

If you have young kids, they can do the moves with you after you read them aloud. If you have older children, turn it into a game. Assign your kid(s) a color and see who can complete all the exercises first.

What You'll Need:

- Printable of exercises OR write down your own moves on small strips of paper
- Scissors
- A dozen plastic Easter Eggs

What to Do:

Print out exercises and cut them out into small strips (or write down exercises on small strips of paper). Fill plastic Easter Eggs with exercises. Toss eggs around in an open area (you can also do it inside too). Run to the first egg and open it to find out the exercise. Complete the exercise until you reach the next egg. Continue on this way until all eggs/exercises are completed.

See Below for Exercises:

- 10 reps or 10 seconds for of each activity.

Crunches	High Knees
Burpees	Run in Place
Wall Sit	Walking Lunges
Squats	Crab Walk
Sit-Ups	Front Plank
Jumping Jacks	Walk Like a Bear
Hop on 1 Foot	Push-Ups
Mountain Climbers	Jog Zig-zag
V-Sit	Jump Rope