



Fitness Sudoku Exercise Task Card

This Exercise Must Be Performed For Ten (10) Seconds Before It Can Be Placed Or Moved on the Sudoku Board



DAREBEE WORKOUT © darebee.com

Elbow Plank

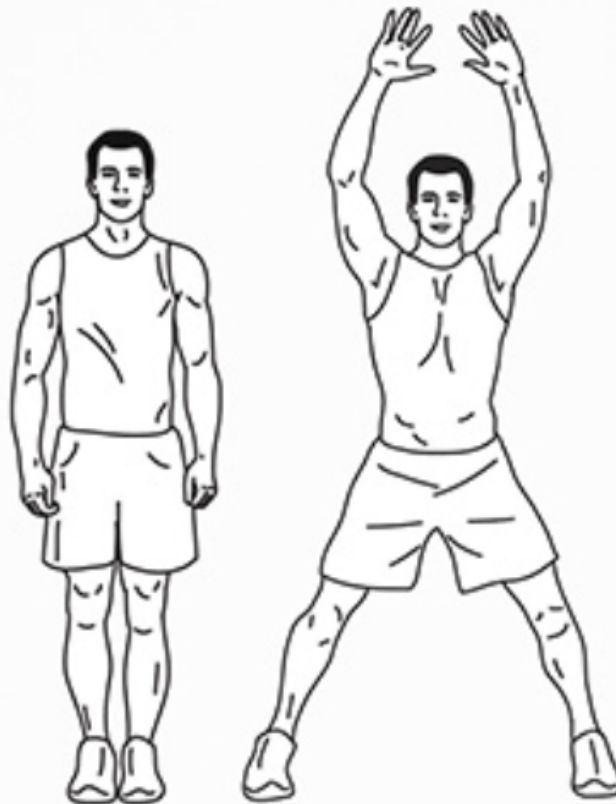
Keys To Success

1. Feet Together
2. Keep Hips, Knees & Shoulders In Line
3. Abs Tight
4. Head Facing Ground (Neutral Spine)

2

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Jumping Jack

Keys To Success

1. Feet Together/Hands Down
2. Explode Up
3. Hands Up/Legs Wide
4. Return To Starting Position

3

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High Knees

Keys To Success

1. Bring Knees As High As Possible
2. Pump Arms
3. Keep On Your Toes
4. Remember To Breathe

4

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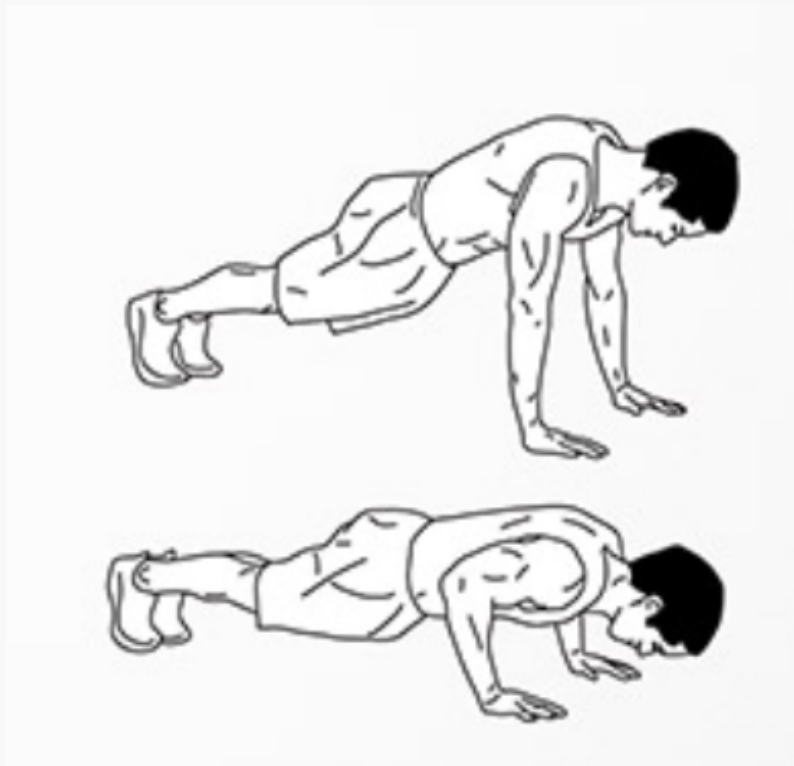
The Lunge:
Keys To Success

1. Keep Body Straight
2. Step Forward
3. Bend Knees to 90
4. Keep Front Knee Behind Toes

5

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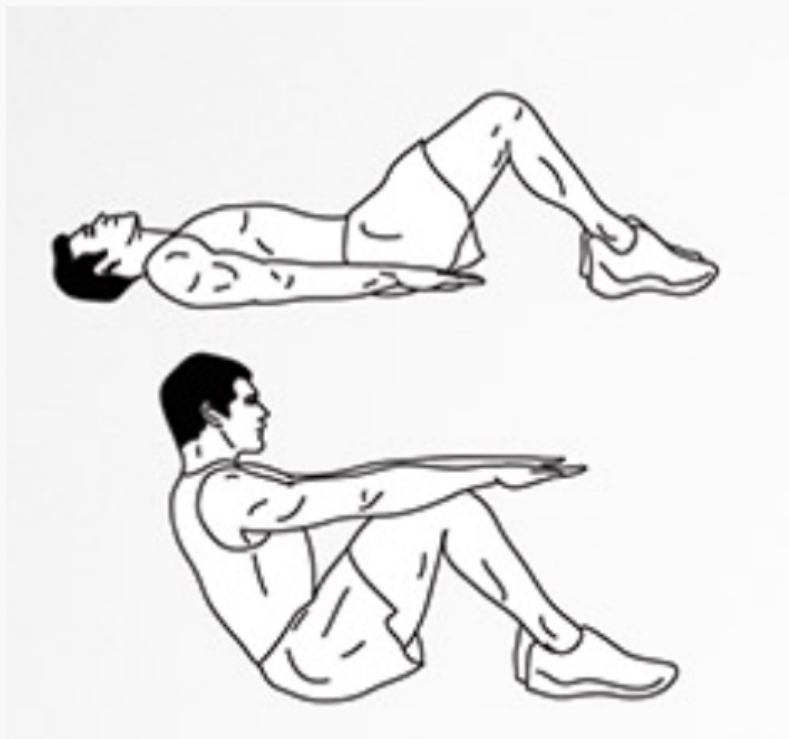
The Push-Up: Keys To Success

1. Hips, Shoulders & Ears In Line
2. Lead With Your Chest
3. Hands Under Shoulders
4. Modify (go to knees) If necessary

6

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The Sit-Up:
Keys To Success

1. Keep Your Knees Bent
2. Keep Head & Neck Still
3. Don't Arch Lower Back
4. Keep Abdominals Tight on Return

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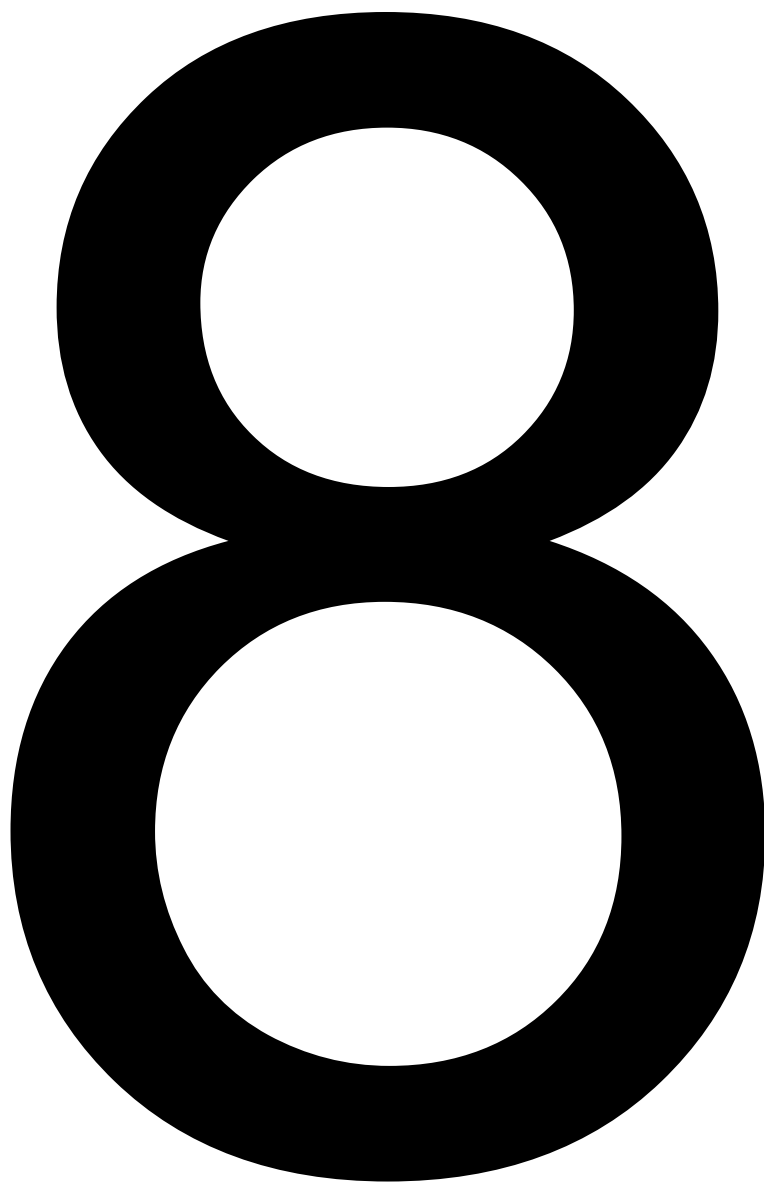
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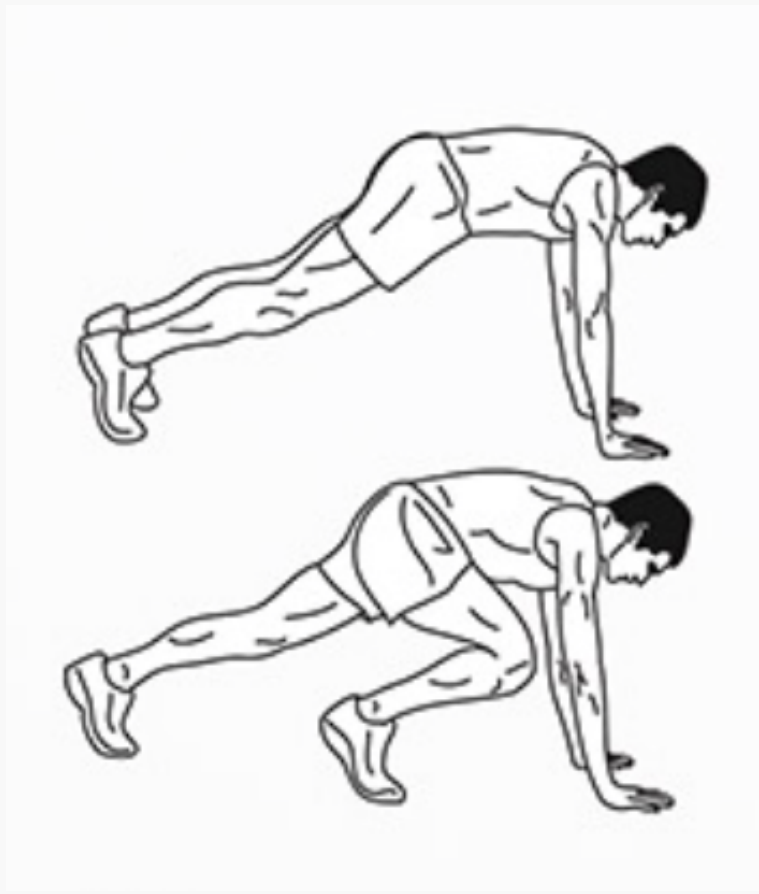
The Squat: Keys To Success

1. Chest Up/Shoulders Back
2. Knees Behind Toes
3. Sit Back
4. Keep Your Weight on Your Heels



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Mountain Climber

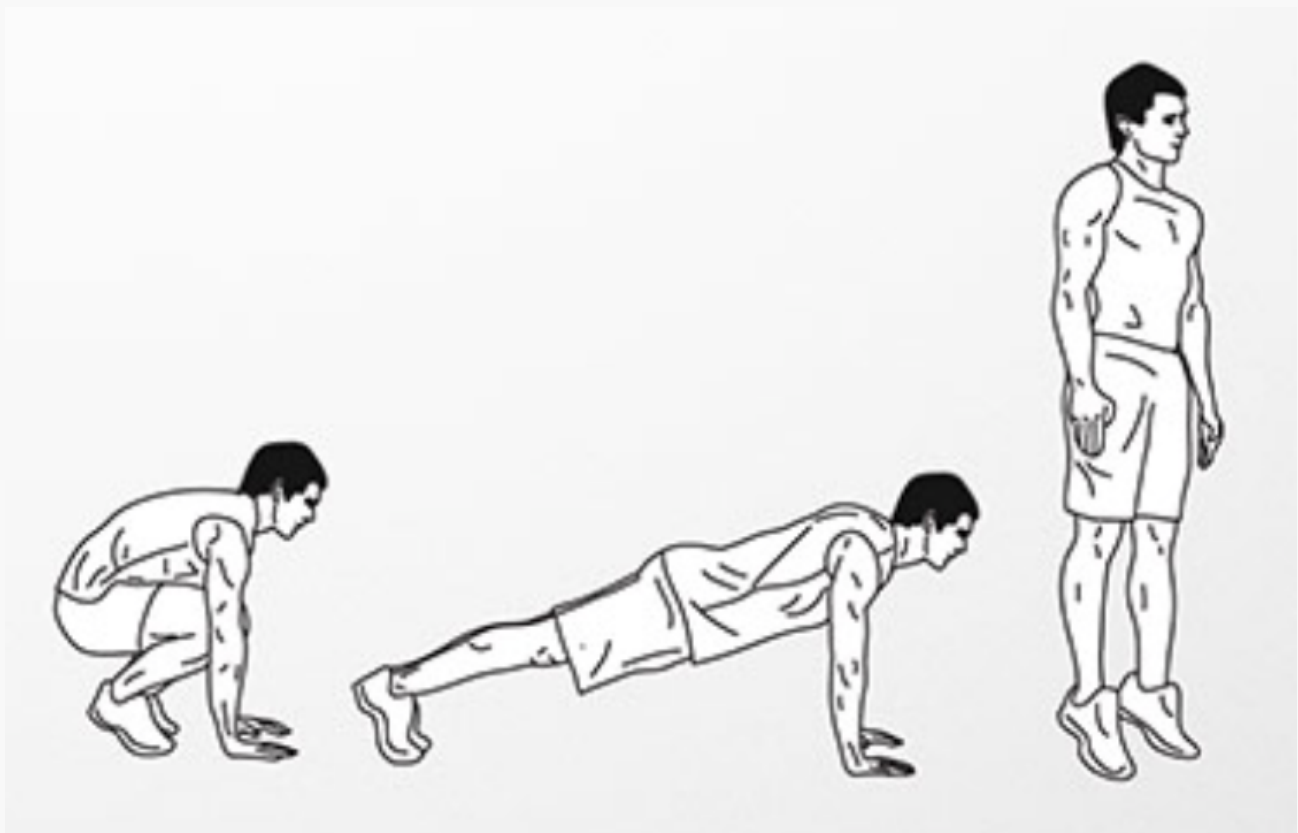
Keys To Success

1. Keep Arms Under The Shoulder
2. Bring Knee To Chest
3. Return To The Starting Position
And Repeat With Your Left Leg

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The Burpee: Keys To Success

1. Keep Knees Inside Arms
2. Kick Feet Straight Out
3. Explode up
4. Soft Knees On Landing