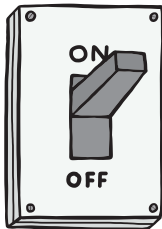




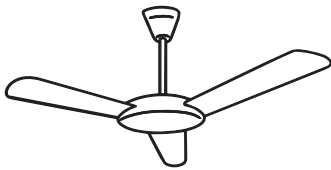
CAMP CRAFT: Household Circuit Workout

Count the following items in your house and complete that many repetitions of the exercise.



How many light switches?

Complete that many jumping jacks.



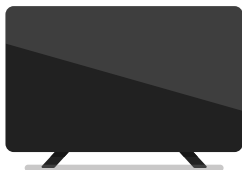
How many ceiling fans?

Complete that many sit-ups.



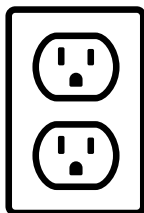
How many light bulbs?

Complete that many mountain climbers.



How many TVs?

Complete that many push-ups.



**How many outlets are
in your kitchen?**

Complete that many squats.

