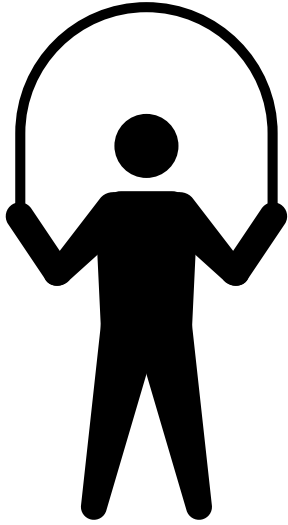


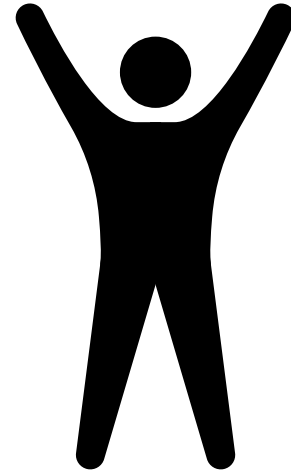
Cub Scout Circuit Exercises

Cut out the cards. Cub Scouts pick a card, line up in alphabetical name order and try the exercises for the duration stated on the cards. Complete circuit 3 times.



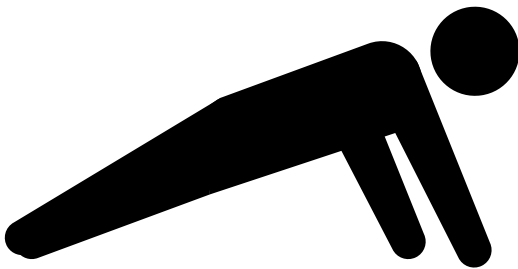
10

**Jumps with a
Jump Rope**



10

**Jumping
Jacks**



5

Push-Ups

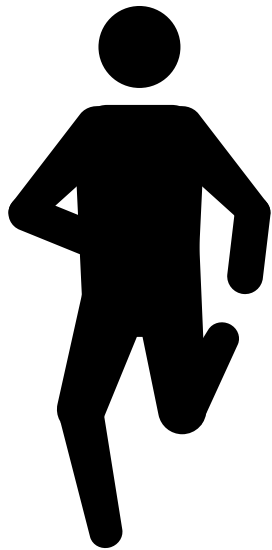


10

Squats

Cub Scout Circuit Exercises

Cut out the cards. Cub Scouts pick a card, line up in alphabetical name order and try the exercises for the duration stated on the cards. Complete circuit 3 times.



Run in Place
for **30** Seconds

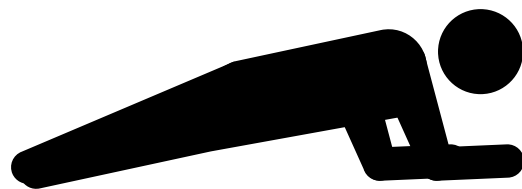


10

Sit-Ups



Alternate Leg Lunges
5 Per Leg



15 Second Plank

Cub Scout Circuit Exercises

Cut out the cards. Cub Scouts pick a card, line up in alphabetical name order and try the exercises for the duration stated on the cards. Complete circuit 3 times.



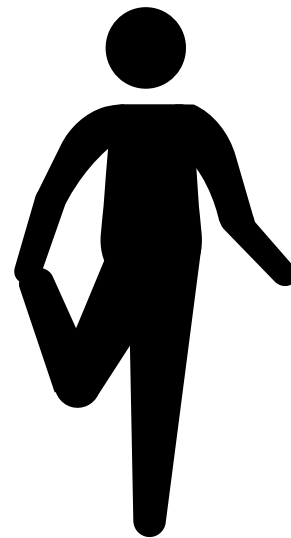
30 Second Hold
Alternate Side Stretch



15 Second Sprint



30 Second Hold
Toe Touch



30 Second Hold
Alternating Leg Stretch