

WHEEL OF FITNESS

Spin the wheel for the exercise of the day



WHAT YOU NEED

- Paper Plate
- Markers
- Ruler
- Paper Fastener
- Paperclip

HOW TO DO IT-STEP BY STEP

- 1) Flip the paper plate over and use the bottom. Take a ruler and markers to draw six sections on the plate.
- 2) Write the exercises you learned on the plate including running, sit-ups, push-ups, plank, squats and burpees.
- 3) Take a paper fastener and insert it through the narrowest loop of a paper clip and push the paper fastener through the middle of the plate. Don't push it through all the way. Ensure there is a small gap to allow the paper clip to spin.
- 4) Spin the wheel!

