

# St. Louis Spirits Gymnastics Club

## Mailbox Challenge Ideas

1. Jumping Jacks
2. Squat and hold for 30 seconds
3. Alternating leg lunges forward to next mailbox
4. Alternating leg lunges backward to next mailbox
5. Skip forward
6. Skip backward
7. Gallop like a horse
8. Bounce like bunny
9. Hop on 1 each foot – 10 x each
10. Side lunges to ½ way to next mailbox, switch sides
11. Frog jumps
12. Calf raises
13. Leg kicks to next mailbox
14. Run to next mailbox
15. Run backwards to next mailbox
16. High knees to next mailbox
17. Bottom kicks to next mailbox
18. Spin 10 x one way, then other way
19. Floss (ask your kids)
20. Long jump to next mailbox
21. Walk like an Egyptian (ask your parents)
22. Plank hold for 30
23. Burpee-10

