



Quarantine Workout Equipment Scavenger Hunt

- **Stop Watch**
Or the timer function on a cell phone. Or an egg timer. Or a workout partner yelling at you every 30 seconds..
- **Yoga Mat**
Or suitable barrier to provide cushion and/or warmth and/or block between your sweaty behind and the floor
- **Hand Weights (2lbs or less)**
Or 2 cans of "I don't want to eat it vegetables", "gelatinous cranberries" or other dust collecting cans from the pantry.
- **Medicine or Weighted Ball**
Or a regular bouncy ball from the garage, your little sisters toy chest or one that randomly flew over your back fence.
- **Stretch Bands**
Or cut a 2" strip off the top of an old crew sock. That'll work.
- **Tennis ball**
Or a baseball. Or a large super bouncy ball. Or a red clown nose. You could use an orange or a lemon but don't squish it and eat it or replace it before it gets gross. (We might be at this awhile)
- **A mirror, preferably full length.**
Or the bathroom mirror. Grab a step stool so you can see you entire torso.
- **Running shoes**
Or any other good sturdy shoes. Please do not workout in your house slippers. Please.
- **Water**
Get some water and stay hydrated while you workout. DO NOT DRINK SODA WHILE YOU WORKOUT. You'll burp and it will burn if it comes out your nose. Trust me.
- **Open space (As wide as double your wing span, as long as double your height)**
Inside, Outside, Private or for the neighbors to see.
- **A wall**
Or a post or a door or anything sturdy you can put your body weight against without knocking stuff down.

**** We will use most of these items regularly. Don't assume we will use them in the "usual" ways. That's kind of my MO.** Coach Monica**