



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 your 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