

**How Many Can You?**

**Instructions:**   
How many of each exercise can you do in 30, 60 and 90 seconds?  
Write down your answers. Try the exercises every day to see if you get faster.

1. How many frog jumps can you do in 30 seconds? 

2. How many star jumps can you do in 30 seconds? 

3. How many times can you hop on one foot in 30 seconds? 

4. How many times can you clap your hands over your head in 30 seconds? 

5. How many arm circles can you do in 30 seconds? 

6. How many push ups can you do in 60 seconds? 

7.How many steps can you take in 60 seconds?

8. How many sit ups can you do in 60 seconds? 

9. How many steps can you run in place in 60 seconds? 

10. How many crab walk steps can you take in 90 seconds? 