

# Dare2Tri Paralympic-themed Activities



## Simon Says

The challenge: Follow Simon's instructions and complete the exercises listed on the chart below.

- To begin the game, the leader will call out an exercise from the list below.
- When the leader says "Simon Says do side bends," you have to perform that activity until Simon Says "Stop!"
- When playing, mark an X on the chart once you've completed an exercise. See if your results improve the next time you play!

	Day 1	Day 2
<b>Jumping/Arm Jacks</b>		
<b>Side Bends</b>		
<b>Shoulder press</b>		
<b>Standing Torso Twist</b>		
<b>Squats</b>		
<b>Single-Leg Lunges</b>		
<b>Running in place/Runner Arms</b>		

- Jumping/Arm Jacks: Complete a set of 10
- Side Bends: 10 bends to each side
- Shoulder Press: 10 presses
- Standing Torso Twist: 10 twists to each side
- Squats: 10 squats
- Single-Leg Lunges: 10 lunges on each leg
- Sit-ups: Complete a set of 10
- Running in Place/Runner Arms: Run for at least 30 seconds