



Slide Whistle Squats

Directions:

- All you need to do for this station is following along with Mrs. Bannon on the video.
- Count how many squats you did and write your total number of squats on the Official Scorecard.
- Try a second time if you would like.
- Remember for safety keep your knees behind your toes, stand with your feet shoulder width apart and pretend you're sitting in a chair.