

*This should only take 20 minutes, so get the whole family involved and stay in shape while your on vacation!*

### **Vacation Conditioning**

20 hollow rocks  
20 tuck ins  
20 v-ups  
20 full sit ups in pike

10 x 2 push ups  
10 x 2 tricep dips

20 x 2 sumo jumps  
20 mountain climbers

If you have space or can go outside:  
10 handstands for 3 sec.