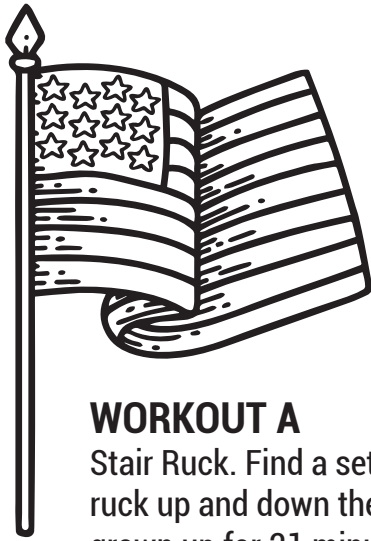




SEEK **MAY** MEMORIES

8 AND UNDER

Color in the flags below when you complete a task



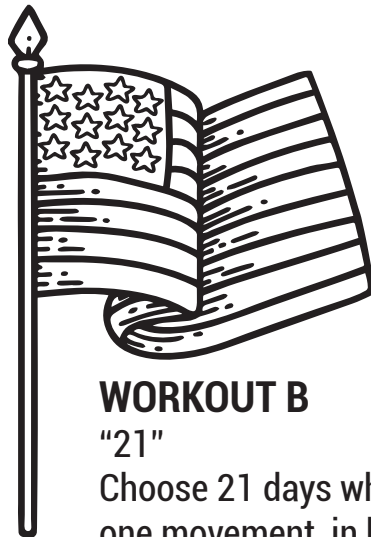
WORKOUT A

Stair Ruck. Find a set of stairs and ruck up and down them with your grown up for 21 minutes.



ACTIVITY

All ages: With your grown-up, choose from one way to commemorate Memorial Day. Some of the ideas include: Visit a Veterans cemetery, attend a Memorial Day parade or watch one on television.



WORKOUT B

"21"

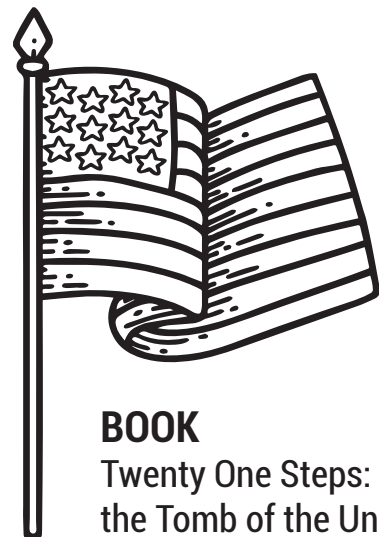
Choose 21 days where you do 21 reps of one movement, in honor of the 21 steps that it takes for the Tomb Guards to patrol the "Tomb of the Unknown Soldier."

Alternate between these three movements:

Ruck squats (or Air squats)

Overhead ruck presses

Burpees over the ruck



BOOK

Twenty One Steps: Guarding the Tomb of the Unknown Soldier By: Jeff Gottesfeld and Matt Tavares