**Scavenger Hunt**

**Directions:** Search and find pictures of items that you could use as equipment when you are stuck at home or if you are working a lot and are out on the road.

**Rules:**

1. You can only look in and around your house for items.
2. The workouts can be done using minimal space
3. No item can cost any or little money.
4. All workouts must be completed in a short amount of time.

**Example:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **CAN be done using minimal space** | **COSTS little or** **no money** | **CAN be completed in a short amount** **of time** |
| **Insert your example:***Bungee cord* | YES or NO | *already paid* | YES or NO |
| ***Example Exercise:****An example is a 3-foot-long bungee cord with the end hooks clipped off for safety, or a piece of rubber tubing. Tie a knot at each end for a better grip. Just like that, you now have an exercise band.****Include Photo:*** |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **CAN be done using minimal space** | **COSTS little or** **no money** | **CAN be completed in a short amount** **of time** |
| **Insert your example:** | YES or NO |  | YES or NO |
| **Example Exercise:****Include Photo:**  |
| **Insert your example:** | YES or NO |  | YES or NO |
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| **Insert your example:** | YES or NO |  | YES or NO |
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