

# Physical Exercises for Each Hole

**Hole 1:** Jumping Jacks

**Hole 2:** Squats

**Hole 3:** Push-ups

**Hole 4:** Star Jumps

**Hole 5:** Lunges (alternate legs)

**Hole 6:** Sit-ups

**Hole 7:** High Knees (count each knee lift as one rep)

**Hole 8:** Burpees

**Hole 9:** Side Lunges (count each side)

**Hole 10:** Shoulder Taps (in push-up position)

**Hole 11:** Plank Jacks

**Hole 12:** Mountain Climbers (count each knee drive)

**Hole 13:** Arm Circles (forward and backward, half the reps for each direction)

**Hole 14:** Frog Jumps

**Hole 15:** Skaters (side-to-side jumps)

**Hole 16:** Wall Sits (hold for the number of seconds equal to the score)

**Hole 17:** Reverse Crunches

**Hole 18:** Tuck Jumps

# SCORECARD

PLAYER/GROUP NAME: \_\_\_\_\_

HOLE	GUESS	ACTUAL VALUE	SCORE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			

TOTAL SCORE: \_\_\_\_\_