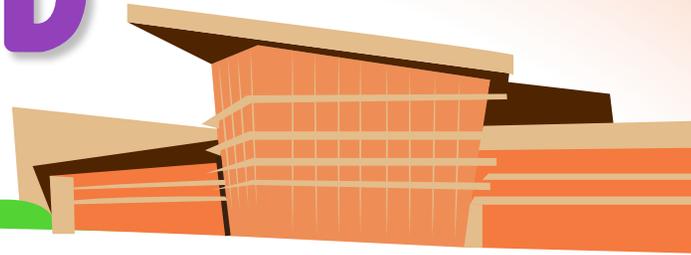


FALCON LAND



RECREATION
AND WELLNESS



Spin the Wheel to Start!



FALCON LAND

INSTRUCTIONS

OBJECT: *MOVE* your way through FalconLand and reach the SRC Fitness Castle by January 10th. Playing is fun, easy & a great way to dedicate time to your well-being over the holiday break.

1. SPIN: To advance forward on the game board, spin the wheel & see what color you get!

2. MOVE: Keep track of your position as you move along the board. Options include: downloading the PDF and using the check boxes, printing and marking off squares as you go, or keeping track in the easiest form for you. Complete the workout or activity associated with each move - some colors have multiple options, so pick your favorite one! Details for each workout are listed below or on our website. bgsu.edu/recwell/falcon-fitness/active-at-home.html

3. REPEAT! Play daily or a few times a week. Move your way through FalconLand by January 10th and **receive a free fitness and wellness journal!** Once you reach your destination, scan the QR code and submit your name there.

***Scan this QR Code when
you've reached the Finish!***



KEY

FALCON LAND

Red – Holiday AMRAP (As Many Rounds As Possible)

After completing a 5-10 minute warm-up, select a circuit and complete “as many rounds as possible” in 5 minutes

Beginner: Select 1 - 2 circuits (5 - 10 minutes)

Moderate: Select 2 - 3 circuits (10 - 15 minutes)

Advanced: Select 4 or more circuits (20+ minutes)

Circuit 1:

- 10 push-ups
- 15 Body Weight Squats
- 20 Russian Twists (10 taps on each side)

Circuit 2:

- 10 Burpees
- 20 Lunges (10 on each leg)
- 12 V-ups

Circuit 3:

- 10 squat jumps
- 30 high knees (break when needed)
- 20 jumping jacks (break when needed)
- 40 second plank

Circuit 4:

- 20 bicycle crunches (10 each side)
- 20 second side planks on each side
- 20 second flutter kicks

Circuit 5:

- 10 T push-ups
- 20 Lateral Lunges (10 each side)
- 30 cross body punches

Circuit 6:

- 5 Inchworms
- 10 Tricep push-ups
- 20 Reverse Lunge with Kick (10 each side)

Circuit 7:

- 10 Supermans
- 20 mountain climbers
- 40 second high knee jog in place

Green – Grab a buddy

- Take a walk with a family member or friend to look at lights and decorations
- Complete a virtual POPSUGAR workout [youtube.com/user/popsugartvfit](https://www.youtube.com/user/popsugartvfit)
- Take your pup for a walk (they can be your buddy too)

Yellow – Relax & Reset

- Virtual Yoga session
- Watch the sunrise with a cup of coffee
- Meditate
- Watch a Christmas movie
- Bake your favorite holiday treat
- Play a board game

Blue – It's cold, let's stay in!

- Pick a fun way to be active indoors. Examples:
- Go to a local fitness facility and swim or play a sport (Basketball, badminton, pickleball)
- Have a dance party
- Complete a virtual Falcon Fitness workout (check out @BGSURecWell on IG for saved workout videos)

Pink – Fun Holiday Activity

- Ice skating
- Sledding
- Holiday Charity Run or Walk
- Go on a winter hike

Purple – Full body Strength & Core Circuit

Upper Body 3x	Lower Body 3x	Full Body 3x
Arm Circles 60 seconds	High Knees 60 seconds	Squat Jacks 30 seconds
Sit-Ups 30 seconds	Squats 30 seconds	Jumping Jacks 30 sec.
Push-Ups 30 seconds	Hip Bridges 60 seconds	Mountain Climbers 30 sec.
Tricep Dips 30 seconds	Lunges 30 seconds	Shoulder Taps 30 seconds
		Bird Dogs 30 seconds