Olson’s Scavenger Hunt Workout!

1. First off, you must stand on your front porch with your hands on your hips and look out into the distance as if you were the neighborhood’s greatest superhero.



1. Now you’re ready for the hunt! You must locate 3 books inside your house and take them to your living room. With the help of a parent, stack all three books on your back and do 10 pushups (20 if you’re crazy).



1. Before you move on, put the books back exactly where you found them. Next, if you have stairs inside your house, go up all the way and down all the way (that was 1) 5 times SAFELY! If you don’t have stairs, do high knees as fast and as high as you can for 1 minute.
2. Take a 30-second water break if you need. Now, find your parents and ask them which countries your ancestors are from. You might learn some new information!
3. Back to work! Next, you must find one grocery bag in your house and one can of food. Bring both items with you into the living room. Put the can in the grocery bag, find a place you can hold onto for balance, and with the help of your parent, hook the bag handles on your foot or ankle. You must do 10 slow-motion front kicks (about 5 seconds each) on each side. If the can is not heavy enough, grab another can to add to the bag!



1. Before moving on, make sure to put the cans and bag back where you found them. You are allowed another 30-second water break. Now, see if you can count how many windows are in your house. Take that total and multiply it by 2, and that’s how many sit-ups you have to do!
2. Break Time! Find your parents again and tell them 5 things you are thankful for. That should be an easy one! Then, listen to 5 things your parents are thankful for. Don’t forget to be thankful for what you have during this time!



1. You’re almost there! Take another 30-second water break if you need. For this exercise, you need to do 30 punches in EACH room of your house (living room, kitchen, bathrooms, bedrooms, etc.). That’s a lot of punches but make all of them strong!
2. Take another water break if you need. Next, grab a tube of toothpaste from your bathroom and bring it to the living room. This part is very important!



1. You goober, what are you doing with a tube of toothpaste? Go put it back!
2. You’re getting close to the end, keep up the good work! Now, grab a backpack. Stuff it with as much stuff as you can carry safely! Put it on and go to your living room. You must do 30 squats while wearing your weighted backpack. Feel the burn!



1. Take a water break if you need, but hurry back! With your parents’ permission, Google how to say hello in 3 different languages (of your choice). Try to memorize them, then find a parent and say hello to them in those languages.
2. Remember the 7 words of respect? Yes sir, no sir, yes ma’am, no ma’am, please, thank you, you’re welcome. Try to say them as you do 7 front kicks without putting your foot down (do it on both sides). You’re going to do the same thing with the 4 laws of concentration. Focus with your eyes, focus with your ears, focus with your mind, focus with your body. You’re going to do the same thing AGAIN for the tenets of taekwondo. Courtesy, integrity, perseverance, self-control, respect, victory. If you’re feeling extra giddy, try to do them ALL without putting your foot down!



1. For the last two exercises, you need to look your best. Search your house for a pair of sunglasses. Put them on and go to your living room. You must hold a plank for one minute while looking super stylish in your sunglasses. Don’t let your knees or belly touch the floor (if they do, you have to start over again)!
2. It’s the final exercise! Keep your sunglasses on and go out on your front porch again. This time, do 50 jumping jacks, then stand at attention and bow. Raise your arms in the air and yell “Victory!” I bet you looked super awesome doing that in sunglasses. Your scavenger hunt workout is complete!