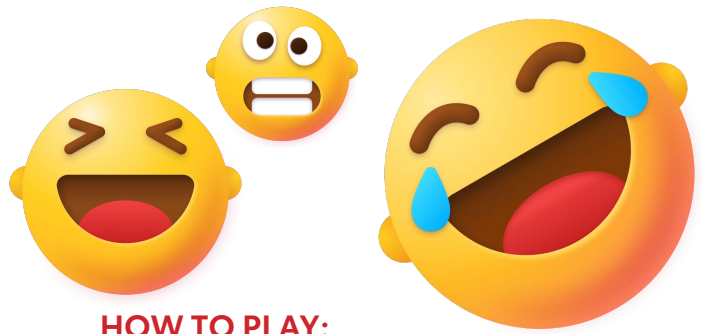




American Heart Association.  
**KIDS HEART CHALLENGE™** | **AMERICAN HEART CHALLENGE™**



# EMOJI PICTIONARY

**HOW TO PLAY:**

Solve each emoji puzzle to uncover an exercise. Once the puzzle is solved, complete 10 repetitions of each exercise.

Extra challenge: Repeat these exercises 2-3 times.



+ "e"



(hold for 30 seconds)



(in place for 30 seconds)



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# EMOJI PICTIONARY

Answer Key:



Push-Up



+ "e"

Lunge



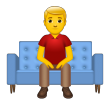
Toe Touch



Wall Sit  
(hold for 30 seconds)



Time To Run  
(in place for 30 seconds)



Sit Ups



Mountain Climbers



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