

|                        |                            |                        |                                 |                   |
|------------------------|----------------------------|------------------------|---------------------------------|-------------------|
| <b>B</b>               | <b>I</b>                   | <b>N</b>               | <b>G</b>                        | <b>O</b>          |
| Shoulder<br>Rolls      | Ankle<br>Alphabet          | Back<br>Arm<br>Stretch | Leg Lifts                       | Elbow<br>Press    |
| Arm<br>Punches         | Seated<br>Jumping<br>Jacks | Forward<br>Bend        | Ankle<br>Circles                | Leg<br>Extensions |
| Reach<br>and<br>Bend   | Train<br>Whistles          | <b>FREE</b>            | Arm<br>Cross<br>Over<br>Stretch | Bird<br>Wings     |
| Chest<br>Press         | Marching                   | Chest<br>Stretch       | Bear<br>Hug                     | Elbow to<br>Knee  |
| Balance<br>Toe<br>Taps | Arm<br>Curls               | Heel<br>Raises         | Wrist<br>Circles                | Arm<br>Reach      |

|                  |                        |                |                      |                  |
|------------------|------------------------|----------------|----------------------|------------------|
| <b>B</b>         | <b>I</b>               | <b>N</b>       | <b>G</b>             | <b>O</b>         |
| Train Whistles   | Ankle Circles          | Leg Lifts      | Arm Punches          | Forward Bend     |
| Back Arm Stretch | Wrist Circles          | Elbow Press    | Arm Curls            | Leg Extensions   |
| Chest Press      | Arm Cross Over Stretch | <b>FREE</b>    | Bird Wings           | Ankle Alphabet   |
| Bear Hug         | Heel Raises            | Shoulder Rolls | Arm Reach            | Marching         |
| Chest Stretch    | Elbow to Knee          | Reach and Bend | Seated Jumping Jacks | Balance Toe Taps |

|                      |                   |                  |                            |                                 |
|----------------------|-------------------|------------------|----------------------------|---------------------------------|
| <b>B</b>             | <b>I</b>          | <b>N</b>         | <b>G</b>                   | <b>O</b>                        |
| Arm<br>Curls         | Heel<br>Raises    | Ankle<br>Circles | Elbow to<br>Knee           | Arm<br>Cross<br>Over<br>Stretch |
| Shoulder<br>Rolls    | Chest<br>Press    | Chest<br>Stretch | Seated<br>Jumping<br>Jacks | Elbow<br>Press                  |
| Reach<br>and<br>Bend | Arm<br>Reach      | <b>FREE</b>      | Marching                   | Bear<br>Hug                     |
| Train<br>Whistles    | Leg<br>Extensions | Leg Lifts        | Wrist<br>Circles           | Back<br>Arm<br>Stretch          |
| Bird<br>Wings        | Ankle<br>Alphabet | Forward<br>Bend  | Arm<br>Punches             | Balance<br>Toe<br>Taps          |