

ACTIVE

Twist	Arm Circles	Dancing Fingers	Shoulder Circles	Knee Ups
Butterfly Stretch	Toe Touches	Plank	Balance	Rhythm
Stretch	Vertical Jump	FREE	Bicep Curls	Heart Rate/Pulse
Jog on the Spot	Squats	Jumping Jacks	Frog Jump	Leg Lifts
Do Your Own	Bicep Curls	Push-Ups	Yoga Pose	Curl ups

ACTIVE

Vertical Jump	Balance	Shoulder Circles	Butterfly Stretch	Plank
Dancing Fingers	Yoga Pose	Knee Ups	Bicep Curls	Rhythm
Jog on the Spot	Bicep Curls	FREE	Heart Rate/Pulse	Arm Circles
Frog Jump	Push-Ups	Twist	Curl ups	Squats
Jumping Jacks	Leg Lifts	Stretch	Toe Touches	Do Your Own

ACTIVE

Bicep Curls	Push-Ups	Balance	Leg Lifts	Bicep Curls
Twist	Jog on the Spot	Jumping Jacks	Toe Touches	Knee Ups
Stretch	Curl ups	FREE	Squats	Frog Jump
Vertical Jump	Rhythm	Shoulder Circles	Yoga Pose	Dancing Fingers
Heart Rate/Pulse	Arm Circles	Plank	Butterfly Stretch	Do Your Own