

ACTIVE

Twist	Arm Circles	Dancing Fingers	Shoulder Circles	Knee Ups
Curl ups	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	Butterfly Stretch	Push-Ups	Yoga Pose	Dance

ACTIVE

Vertical
Jump

Balance

Shoulder
Circles

Curl ups

Plank

Dancing
Fingers

Yoga
Pose

Knee
Ups

Butterfly
Stretch

Rhythm

Jog on
the Spot

Bicep
Curls

FREE

Heart
Rate/Pulse

Arm
Circles

Frog
Jump

Push-Ups

Twist

Dance

Squats

Jumping
Jacks

Leg Lifts

Stretch

Toe
Touches

Do Your
Own

ACTIVE

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