

Skip Around the Gym	Arm Circles	Hop on Left Foot	Shoulder Rolls	Lunges
Dance Party	Sit-Ups	Push-Ups	Bicycles	Seat Walk
Sit Down Stretches	Toe Touches	FREE	Butterfly Stretch	Jog on the Spot
Jumping Jacks	Side Stretch	Jumprope in Place	Jog Around the Gym	Planks
Hop on Right Foot	Crunches	Runner's Stretch	Wall Sits	Front Elbow Stretch

Toe Touches	Bicycles	Shoulder Rolls	Dance Party	Push-Ups
Hop on Left Foot	Wall Sits	Lunges	Crunches	Seat Walk
Jumping Jacks	Butterfly Stretch	FREE	Jog on the Spot	Arm Circles
Jog Around the Gym	Runner's Stretch	Skip Around the Gym	Front Elbow Stretch	Side Stretch
Jumprope in Place	Planks	Sit Down Stretches	Sit-Ups	Hop on Right Foot

Crunches	Runner's Stretch	Bicycles	Planks	Butterfly Stretch
Skip Around the Gym	Jumping Jacks	Jumprope in Place	Sit-Ups	Lunges
Sit Down Stretches	Front Elbow Stretch	FREE	Side Stretch	Jog Around the Gym
Toe Touches	Seat Walk	Shoulder Rolls	Wall Sits	Hop on Left Foot
Jog on the Spot	Arm Circles	Push-Ups	Dance Party	Hop on Right Foot