

STAY ACTIVE

Tree Pose	Lunges	Crab Kicks	Sit-Ups	Jumping Jacks
Butterfly Stretch	Toe Touches	Side Bends	Push-Ups	Toe Raise
Twist	Arm Circles	FREE	Hamstring Stretch	High Knees
The Hundred Plank	Jog in place	Side Shuffle	Cross-Country Ski	Roll Like a Ball
Butt Kicks	Squats	Child's Pose	Windmills	Choose Your Own

STAY ACTIVE

Twist	Windmills	Push-Ups	Jog in place	Butterfly Stretch
Sit-Ups	High Knees	Crab Kicks	Roll Like a Ball	Arm Circles
Hamstring Stretch	Lunges	FREE	Cross-Country Ski	Side Shuffle
Choose Your Own	Tree Pose	Child's Pose	The Hundred Plank	Butt Kicks
Jumping Jacks	Downward Dog	Toe Raise	Side Bends	Toe Touches

STAY ACTIVE

The Hundred Plank	Cross-Country Ski	Twist	Choose Your Own	Sit-Ups
Squats	Toe Raise	Windmills	Jog in place	Arm Circles
Side Shuffle	Push-Ups	FREE	Hamstring Stretch	Crab Kicks
Downward Dog	Jumping Jacks	Butt Kicks	Lunges	Tree Pose
Toe Touches	Side Bends	High Knees	Roll Like a Ball	Child's Pose