

Walk on your heels	10 Arm Circles	10 Ski Jumps	5 Push-ups	20 Calf Raises
10 Hops on Right Foot	Quick Feet	5 Frog Jumps	10 Frankenstein Walk	Crab Walk
Walk on your tip toes	10 Giant Steps	15 Sit-Ups	15 Squat Jumps	6 Lunges
15 Toe Touches	5 Karate Kicks	10 Squats	25 Jumping Jacks	10 High Knees
5 Tuck Jumps	10 Hops on your left foot	Wheelbarrow Walk	10 Second Planks	15 Butt-Kicks

Walk on your tip toes	10 Giant Steps	Crab Walk	10 Frankenstein Walk	10 High Knees
10 Second Planks	6 Lunges	15 Sit-Ups	20 Calf Raises	5 Karate Kicks
10 Hops on Right Foot	10 Ski Jumps	5 Frog Jumps	25 Jumping Jacks	Walk on your heels
15 Toe Touches	10 Hops on your left foot	Quick Feet	10 Squats	5 Push-ups
5 Tuck Jumps	Wheelbarrow Walk	15 Butt-Kicks	10 Arm Circles	15 Squat Jumps

6 Lunges	25 Jumping Jacks	10 Hops on your left foot	10 Second Planks	10 Squats
10 High Knees	15 Butt-Kicks	10 Hops on Right Foot	15 Sit-Ups	Walk on your heels
15 Toe Touches	5 Tuck Jumps	5 Frog Jumps	10 Giant Steps	Quick Feet
Walk on your tip toes	5 Karate Kicks	Wheelbarrow Walk	10 Frankenstein Walk	10 Arm Circles
15 Squat Jumps	Crab Walk	5 Push-ups	10 Ski Jumps	20 Calf Raises