

TOE RAISES	ARM CIRCLES	CHICKEN WINGS	RUN IN PLACE	JUMPING JACKS
BOTTOM KICKS	STRETCHES	MARCH IN PLACE	ARM CURLS	PUSH-UPS
SQUATS	TOE TOUCHES	FREE	BACKWARD KICKS	GOLF SWINGS
BODY TWIST	HEEL SLAPS	SIDE KICKS	HIGH KICKS	SIDE LUNGES
FROG HOPS	KNEE/ELBOW TOUCHES	CRAB KICKS	BACKWARD LUNGES	MOUNTAIN CLIMBERS

TOE TOUCHES	SIDE KICKS	PUSH-UPS	MOUNTAIN CLIMBERS	SIDE LUNGES
BACKWARD KICKS	BODY TWIST	JUMPING JACKS	BOTTOM KICKS	KNEE/ELBOW TOUCHES
ARM CURLS	FRONT PUNCHES	FREE	ARM CIRCLES	HIGH KICKS
TOE RAISES	BACKWARD LUNGES	UPWARD PUNCHES	RUN IN PLACE	MARCH IN PLACE
CHICKEN WINGS	GOLF SWINGS	HEEL SLAPS	FROG HOPS	STRETCHES

BOTTOM KICKS	SIDE LUNGES	HEEL SLAPS	RUN IN PLACE	ARM CIRCLES
TOE TOUCHES	PUSH-UPS	CHICKEN WINGS	BODY TWIST	KNEE/ELBOW TOUCHES
GOLF SWINGS	FRONT PUNCHES	FREE	BACKWARD KICKS	ARM CURLS
BACKWARD LUNGES	SQUAT S	JUMPING JACKS	CRAB KICKS	MOUNTAIN CLIMBERS
STRETCHES	TOE RAISES	HIGH KICKS	FROG HOPS	CHAIR DIPS