

| <b>B</b>        | <b>I</b>            | <b>N</b>               | <b>G</b>                         | <b>O</b>             |
|-----------------|---------------------|------------------------|----------------------------------|----------------------|
| 5 squats        | 10 Arm circles      | 10 side lunges         | 30-second wall sit               | 30-second bear crawl |
| 10 line jumps   | 5 sit ups           | 30-second gallop       | 10 Jumping Jacks                 | 30-second skipping   |
| 5 push-ups      | 5 star jumps        | <b>FREE</b>            | 10 Mountain climbers             | 2 burpees            |
| 3 jumping rocks | 30-second yoga pose | 30 second run in place | 10 toe touches                   | 30-second crab walk  |
| 10 ski jumps    | 10 bicycle crunches | 30-second high knees   | Choose your own exercise/stretch | 10 lunges            |

|                                 |                                        |                         |                           |                        |
|---------------------------------|----------------------------------------|-------------------------|---------------------------|------------------------|
| <b>B</b>                        | <b>I</b>                               | <b>N</b>                | <b>G</b>                  | <b>O</b>               |
| 5 star jumps                    | 10<br>Jumping<br>Jacks                 | 30-second<br>wall sit   | 10 line<br>jumps          | 30-second<br>gallop    |
| 10 side<br>lunges               | Choose your<br>own<br>exercise/stretch | 30-second<br>bear crawl | 10<br>bicycle<br>crunches | 30-second<br>skipping  |
| 3<br>jumping<br>rocks           | 10<br>Mountain<br>climbers             | <b>FREE</b>             | 2<br>burpees              | 10 Arm<br>circles      |
| 10 toe<br>touches               | 30-second<br>high<br>knees             | 5 squats                | 10<br>lunges              | 30-second<br>yoga pose |
| 30<br>second<br>run in<br>place | 30-second<br>crab walk                 | 5<br>push-ups           | 5 sit ups                 | 10 ski<br>jumps        |

|                           |                            |                                 |                                        |                            |
|---------------------------|----------------------------|---------------------------------|----------------------------------------|----------------------------|
| <b>B</b>                  | <b>I</b>                   | <b>N</b>                        | <b>G</b>                               | <b>O</b>                   |
| 10<br>bicycle<br>crunches | 30-second<br>high<br>knees | 10<br>Jumping<br>Jacks          | 30-second<br>crab walk                 | 10<br>Mountain<br>climbers |
| 5 squats                  | 3<br>jumping<br>rocks      | 30<br>second<br>run in<br>place | 5 sit ups                              | 30-second<br>bear crawl    |
| 5<br>push-ups             | 10<br>lunges               | <b>FREE</b>                     | 30-second<br>yoga pose                 | 10 toe<br>touches          |
| 5 star<br>jumps           | 30-second<br>skipping      | 30-second<br>wall sit           | Choose your<br>own<br>exercise/stretch | 10 side<br>lunges          |
| 2<br>burpees              | 10 Arm<br>circles          | 30-second<br>gallop             | 10 line<br>jumps                       | 10 ski<br>jumps            |