



<p>Arm Circles</p> 	<p>Balance on 1 Foot</p> 	<p>Crunches</p> 	<p>Dance</p> 
<p>Elbow to Knee</p> 	<p>Frog Hop</p> 	<p>Gallop like a Horse</p> 	<p>High Jump</p> 
<p>Ice Skate</p> 	<p>Jumping Jacks</p> 	<p>Kick Leg Up</p> 	<p>Lunge</p> 



<p>Mountain Climb</p> 	<p>Nothing! Take a Rest</p> 	<p>Open and Close Arms</p> 	<p>Push Ups</p> 
<p>Quick Jumps</p> 	<p>Run in Place</p> 	<p>Sit Ups</p> 	<p>Toe Touches</p> 
<p>U Choose an Exercise</p> 	<p>V-Ups</p> 	<p>Walk in Place</p> 	<p>Xtra Pushups</p> 



Yoga



Zig-Zag Jump



Directions: Go through the alphabet, completing each activity listed for 10 seconds

Have Fun!