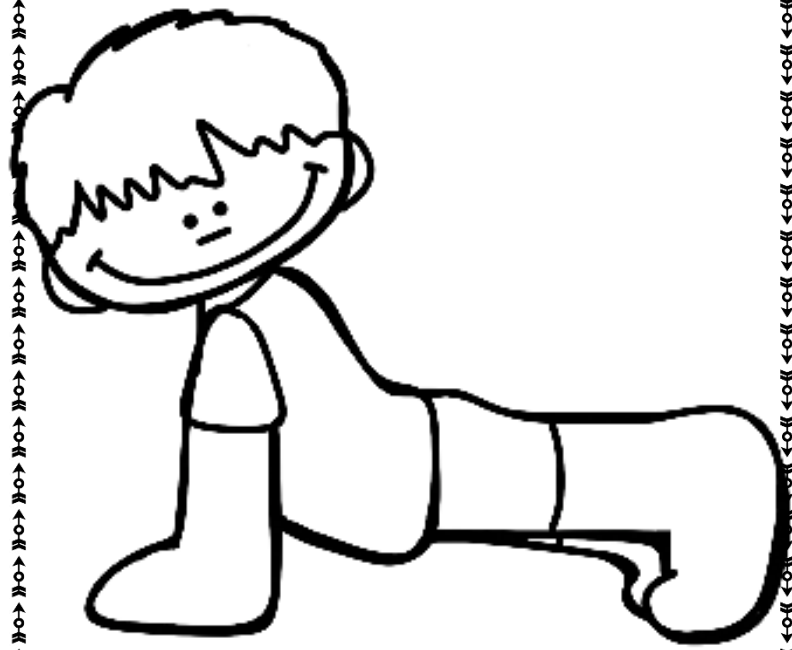




SPIN IN PLACE 4 TIMES



DO 7 PUSH UPS



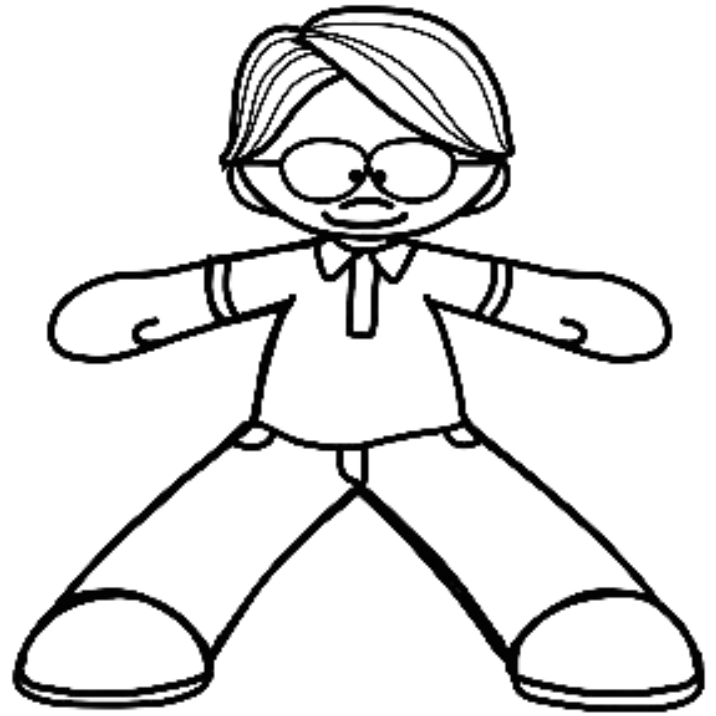
SIT DOWN AND TWIST THE
TOP OF YOUR BODY 10 TIMES



SNAP YOUR FINGERS WHILE
YOU HOP 10 TIMES



Make a bridge with
your whole body



stretch out your body
as far as it will go



Tip-toe 10 steps forward
and 10 steps back



Make a pretzel with your
body, then untwist



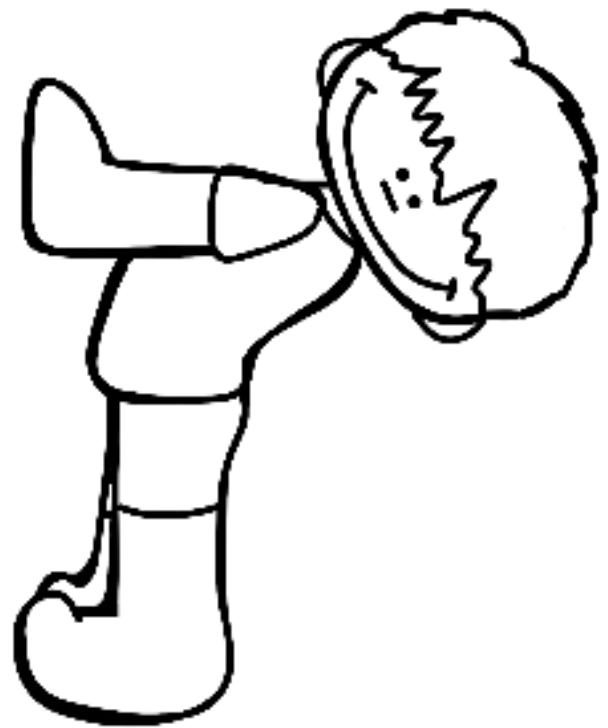
Jog in place for
20 seconds



crouch down, then
explode



sit down and bend your
arms and legs up 5 times



Push over an imaginary
wall of bricks



Paint the wall using 20
very tall brush strokes



skate across the ice for
10 seconds



swat a mosquito
15 times



Pick up a very heavy
basket and lift it up high



REACH UP, grab a cloud,
and bring it down



HOP on one foot
7 times



Pick any pose and hold it
for 10 seconds



stretch out your arms to
swim 10 long strokes



stretch your arms up
high 5 times



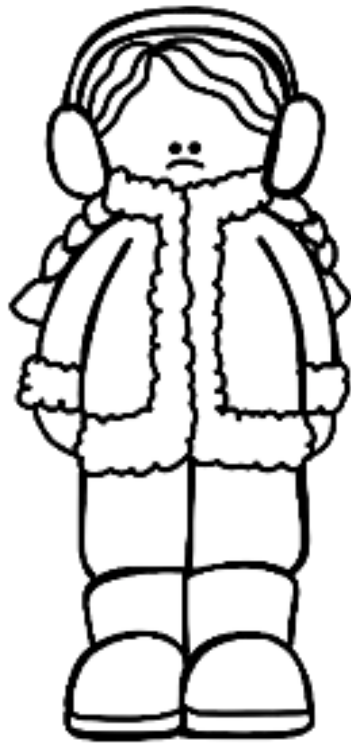
march backward 10
steps



Hula hoop for 15
seconds



walk on the moon
for 15 seconds



Walk 10 steps like you're
all bundled up



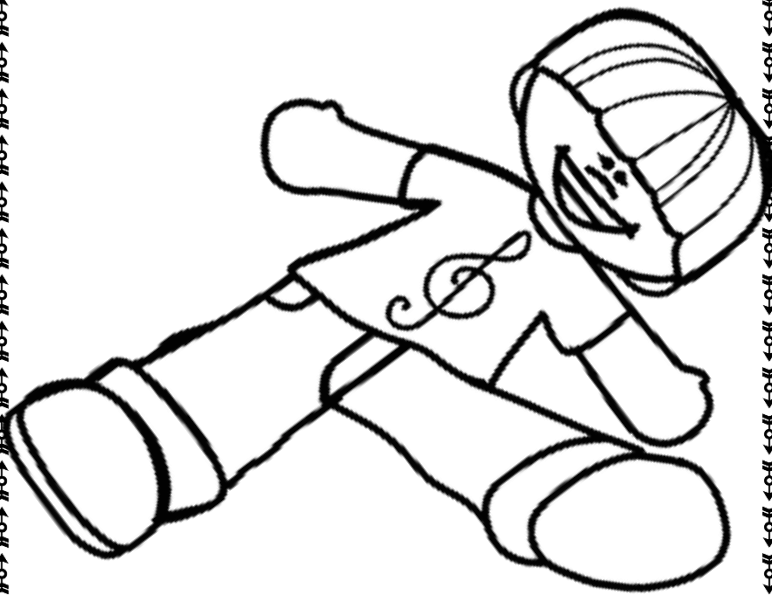
Do the hula for 10
seconds



Reach up and pop
20 bubbles



Bend over and touch
your toes 10 times



spread your feet &
touch your toes 10 times



pretend to draw 8 giant
circles with each hand



jump for joy 4 times



spell your name with
your arms