

Raise your arms
in a Y shape **15**
times



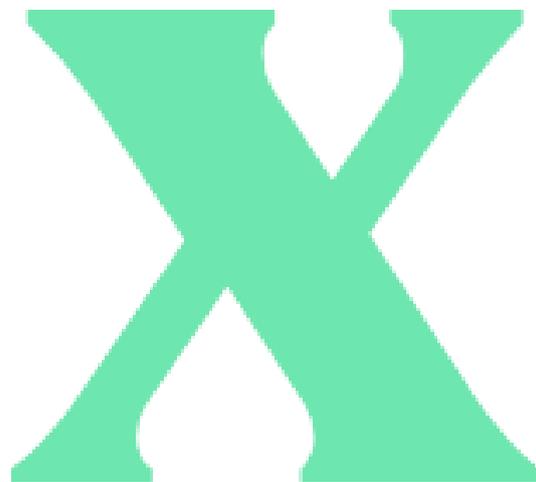
Walk in a ZIG ZAG
for **30 seconds**

10 V-UP crunches



WIGGLE for **15**
seconds

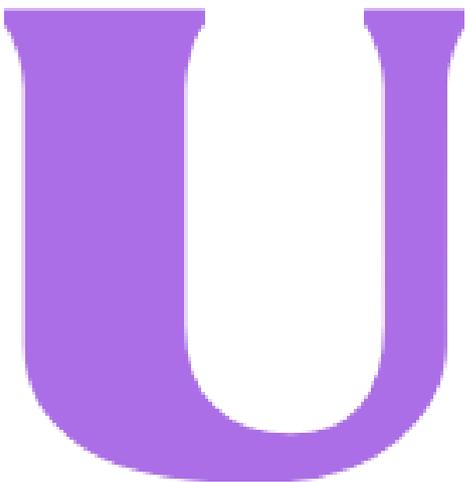
Make an X with
your body and
then curl into a
ball – **10 times**



A large, bold, pink letter 'S' is positioned on the left side of the first box.

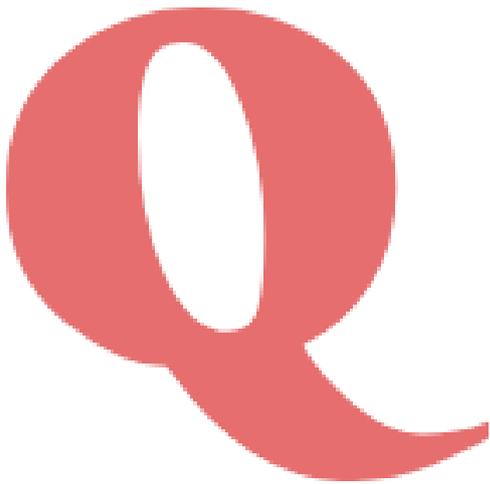
15 SQUATS

Rise onto your
TIP TOES and
back down **10**
times

A large, bold, pink letter 'T' is positioned on the right side of the second box.A large, bold, purple letter 'U' is positioned on the left side of the third box.

20 UPPER cut
punches in the air

20 air PUNCHES

A large, bold, orange letter 'P' is positioned on the right side of the first box.A large, bold, red letter 'Q' is positioned on the left side of the second box.

QUICK run on the
spot for **30**
seconds

ROTATE your
arms overhead **10**
times

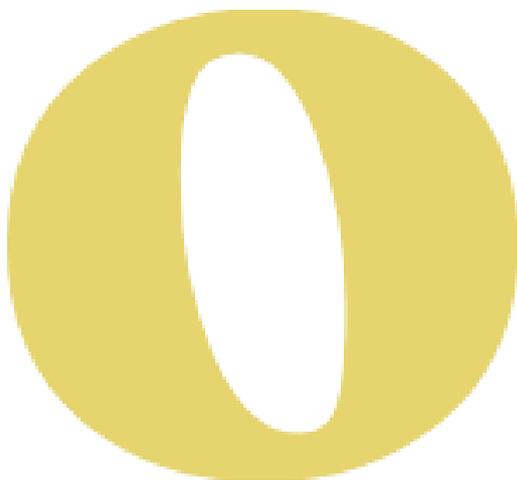
A large, bold, pink letter 'R' is positioned on the right side of the third box.

ir



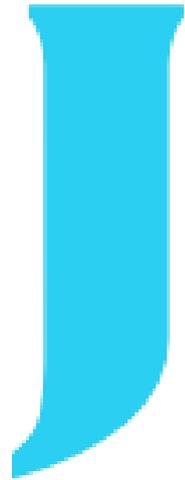
20 MOUNTAIN
climbers

Flap your arms
like a NIGHT
hawk for **20**
seconds



Swing your arms
around like an
OCTOPUS for **30**
seconds

JUMPING JACKS
20 times



10 front KICKS
each leg

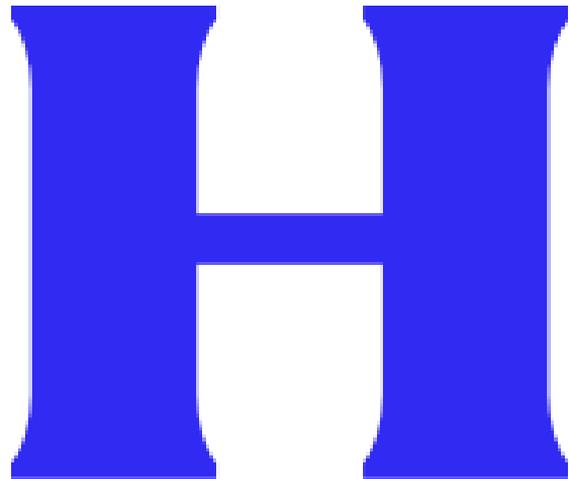
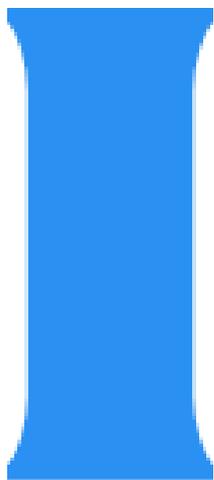
10 LUNGES on
each LEG



A large, bold, purple letter 'G' is positioned on the left side of the first box.

GALLOP like a
horse for **15**
seconds

HOP on one foot
10 times and
repeat on your
other foot

A large, bold, blue letter 'H' is positioned on the right side of the second box.A large, bold, blue letter 'I' is positioned on the left side of the third box.

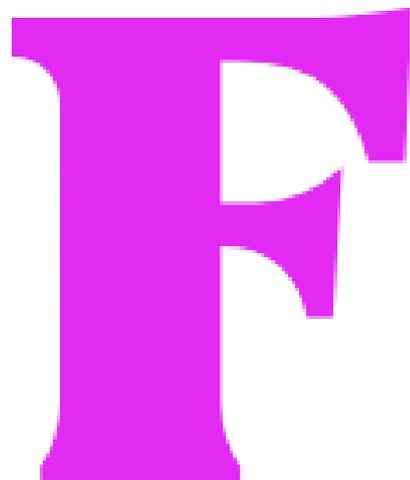
Be IMMOBILE in a
yoga pose for **30**
seconds

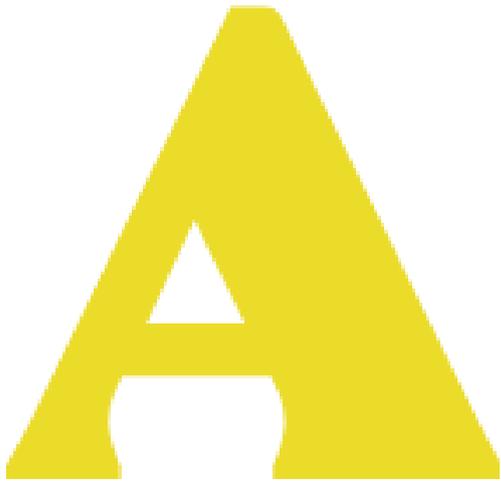
DANCE for **30**
seconds

A large, bold, pink letter 'D' is positioned on the right side of the first box.A large, bold, pink letter 'E' is positioned on the left side of the second box.

Stomp around
like an ELEPHANT
for **15 seconds**

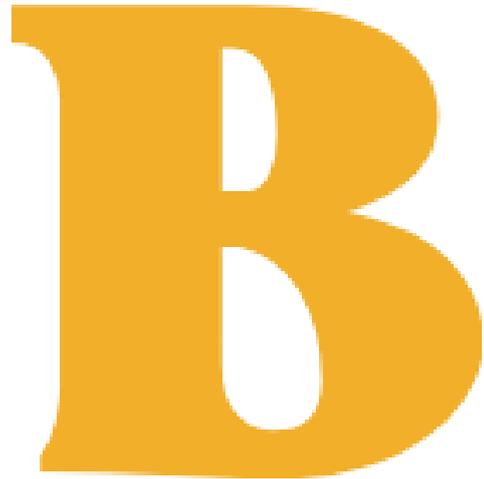
Jump like a FROG
10 times

A large, bold, pink letter 'F' is positioned on the right side of the third box.



Chomp your
ARMS like an
ALLIGATOR **10**
times

BOUNCE up and
down **15 times**



CLAP your hands
above your head
10 times