

**Dance!**



**Kick!**



**Jump!**



**Run in Place!**



**Do push ups!**



**Stretch!**



**Run in a zigzag!**



**Do jumping jacks!**



**Kick your knees  
high!**



**Windmill your  
arms!**



**Do sit ups!**



**Balance on one  
foot!**



**Flex your Muscles!**



**Hop on one foot!**



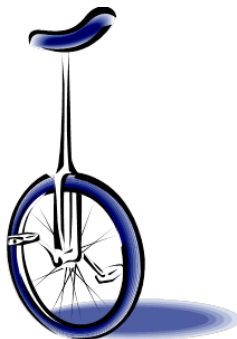
**March in Place!**



**Touch your  
Toes!**



**Lie on your back  
and ride a unicycle!**



**Pick your favorite  
exercise!**

