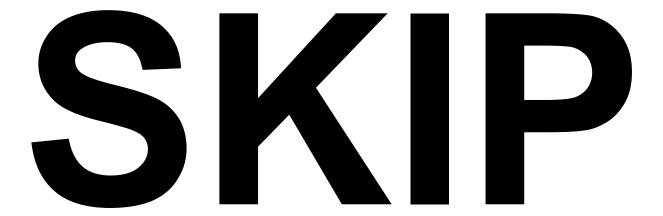
POWER WALK

POCKET PUNCHERS





KARAOKE

SIDE SKIP

BEAR CRAWL HANDS & FEET, NO KNEES

CRAB

HIGH KNEES

SLIDE SWITCH **2 SLIDES LEFT, 2 SLIDES RIGHT**

HOP ON ONE FOOT

HOP ON TWO FEET

FUNKY JJ Jumping Jacks, Moving Around the cones

HIGH KNEES & PUNCH THE SKY

LUNGES