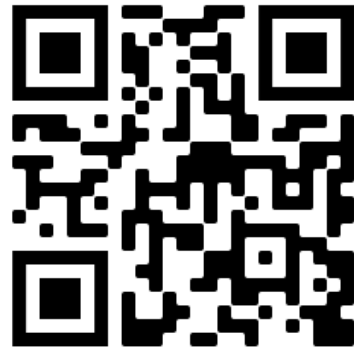
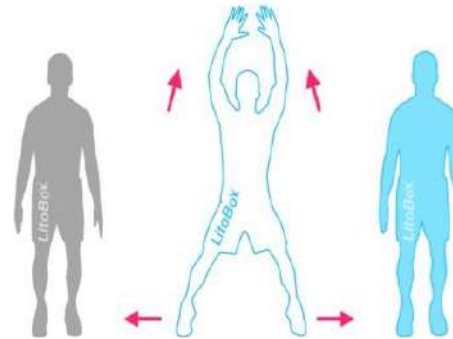




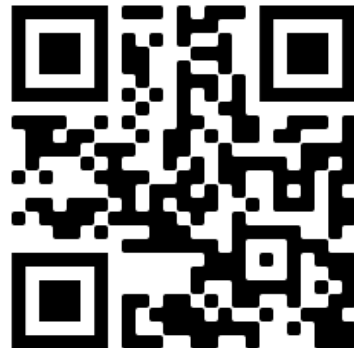
Run Laps



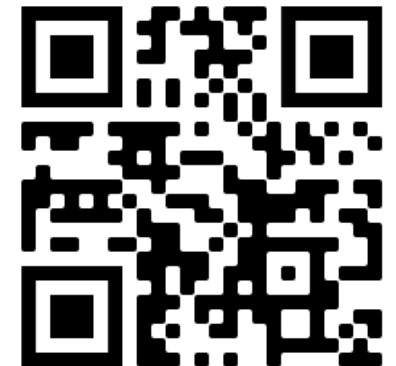
Jumping Jacks



High Knees (marching)



Side Slide



Gallop



Skip



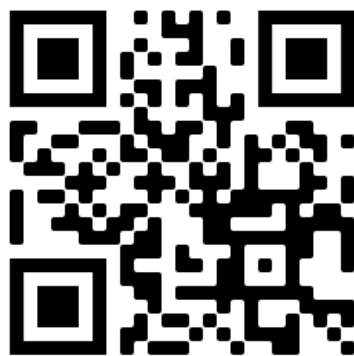
Jump



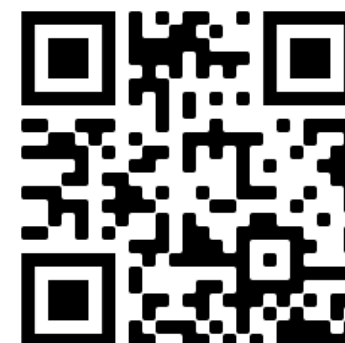
Lateral Hop



Curl-ups



Crab Kicks



Shoulder Touches



Bear Walk



Shoulder Taps

(sit criss cross, touch opposite shoulder)



Straddle Stretch



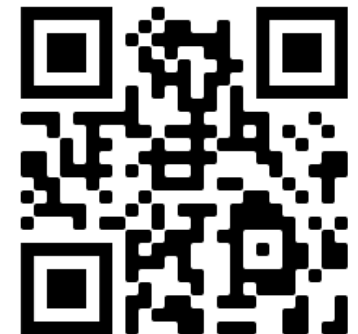
Feet Apart
(Reach and touch toes)



Butterfly Stretch



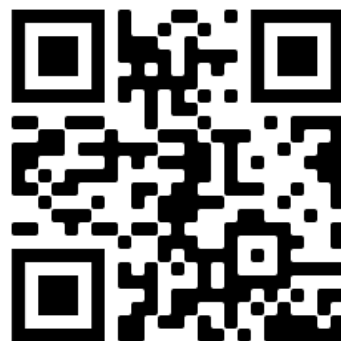
Trunk Lift



Pike Stretch



Reach and touch toes



Triceps Stretch

