

SHOULDER
TAPS

HEEL
LIFTS

STAR
JUMPS

TRAMPOLINE
CROSS

SUPERMAN

PUSH
UPS

MOUNTAIN
CLIMBERS

SEE
-N-
GO

WALL
PUSHUPS

CURL
UPS

IMAGINARY
JUMP ROPES

PULL

BURPIES

SQUATS

SQUAT
JUMPS



JUMPING
JACKS

LINE
JUMPS

SCISSOR
JUMPS