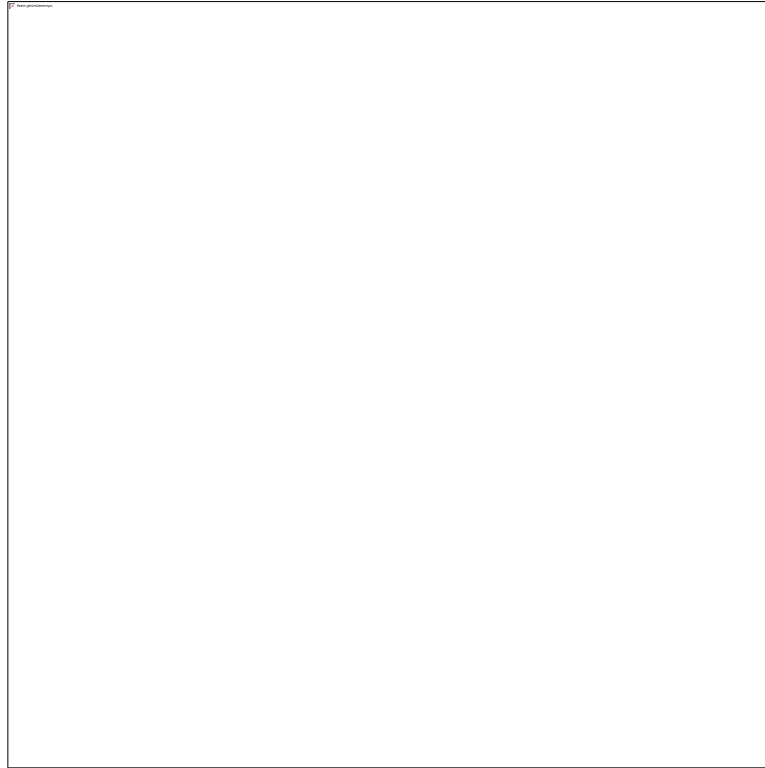


# Time to Workout!

*The Ocean*

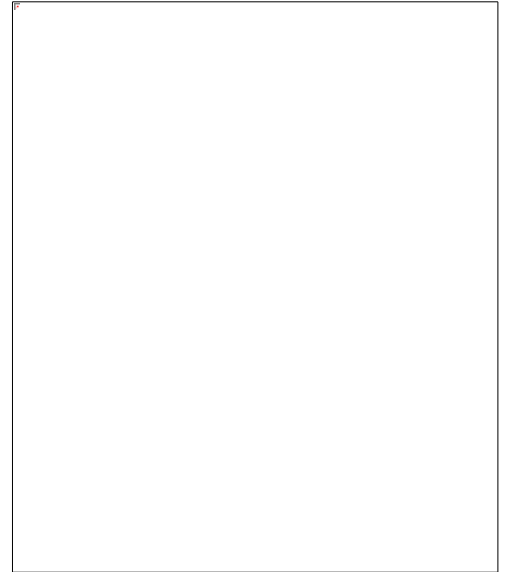


# 70% of Earth

## ARM(S) TOUCH ABOVE HEAD



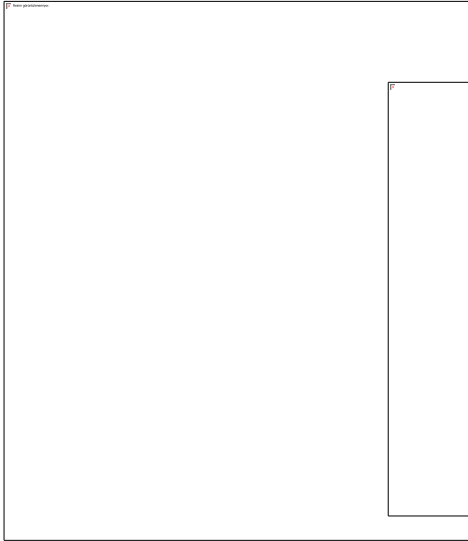
Independent



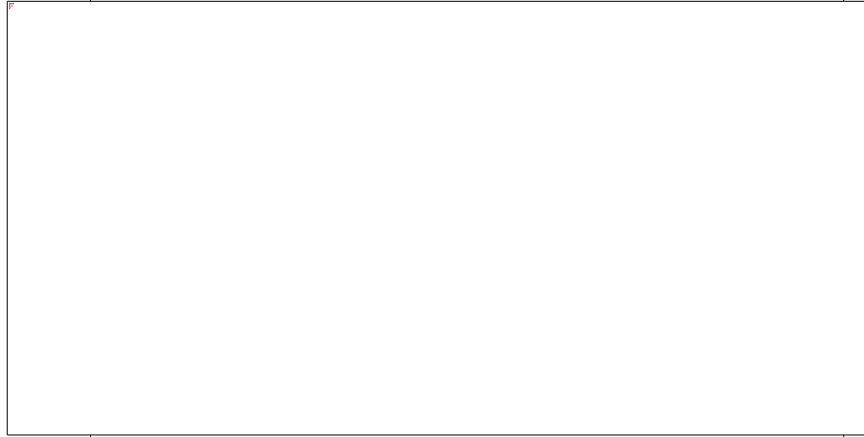
With Assistance

# USA Below Sea

NECK STRETCH SIDE TO SIDE



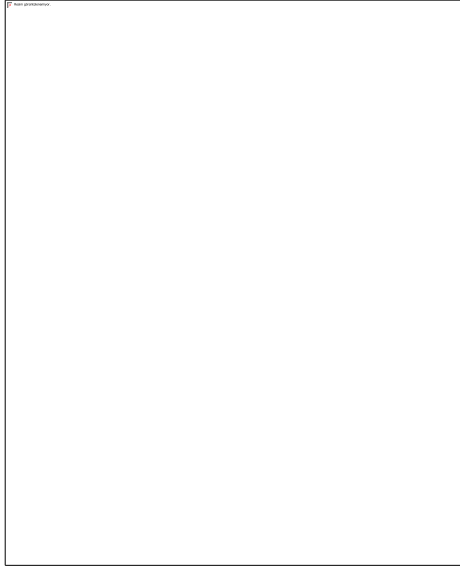
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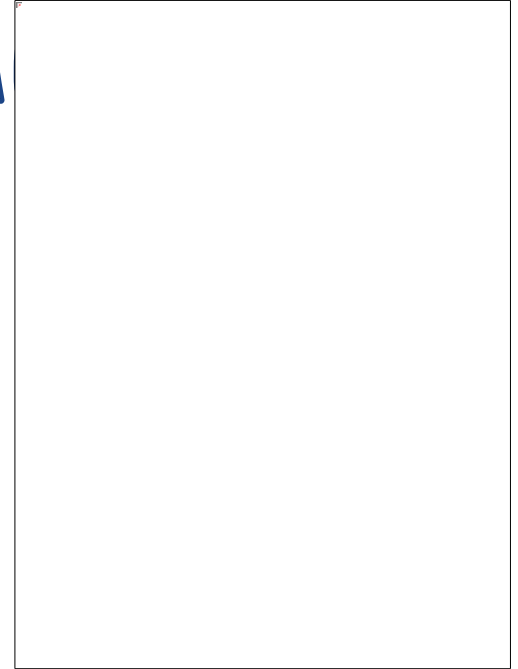
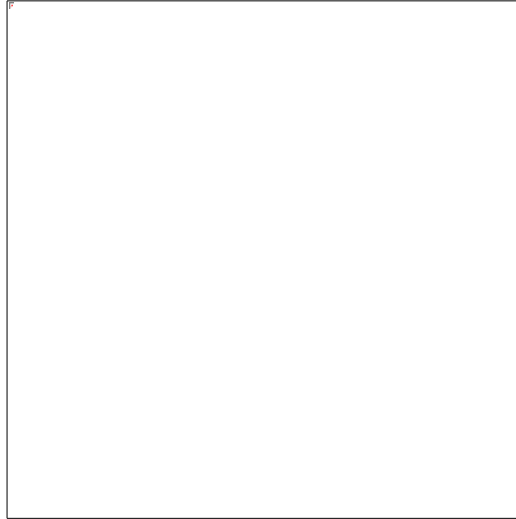
With Assistance

# 5 Ocean Basins

SPREAD FINGERS & PULL BA



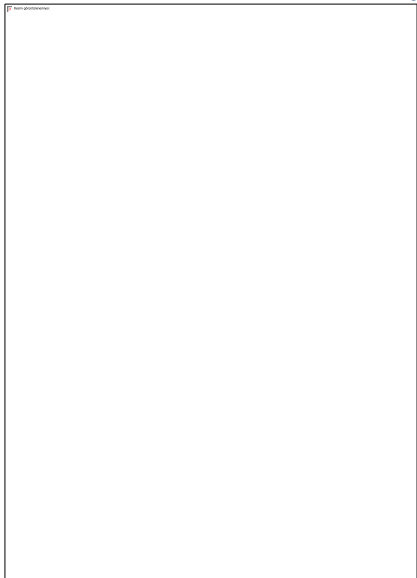
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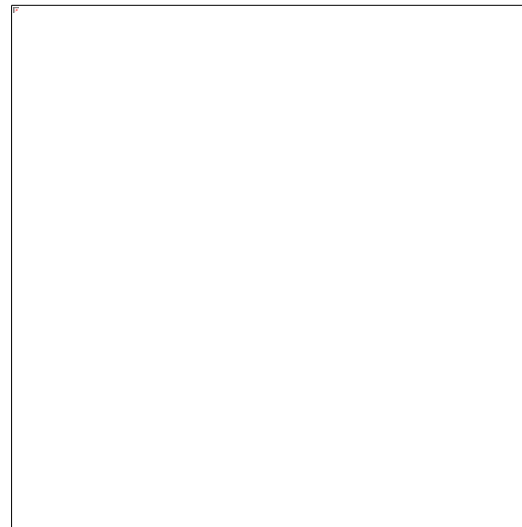
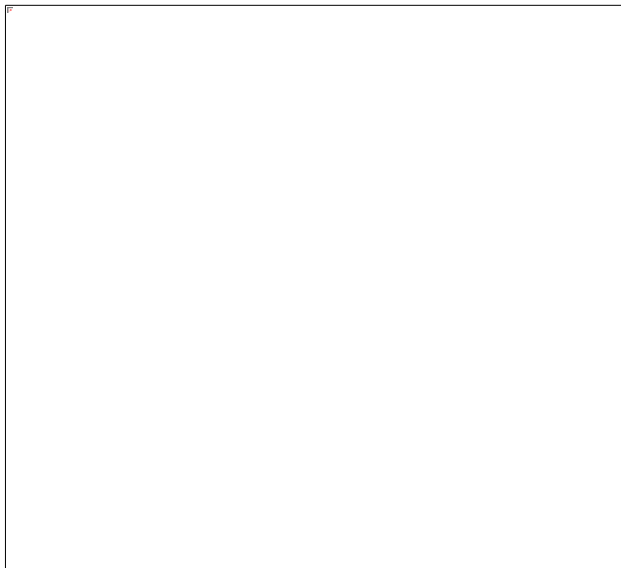
With Assistance

# Salt Water

MOVE WRIST UP & DOWN



Independent



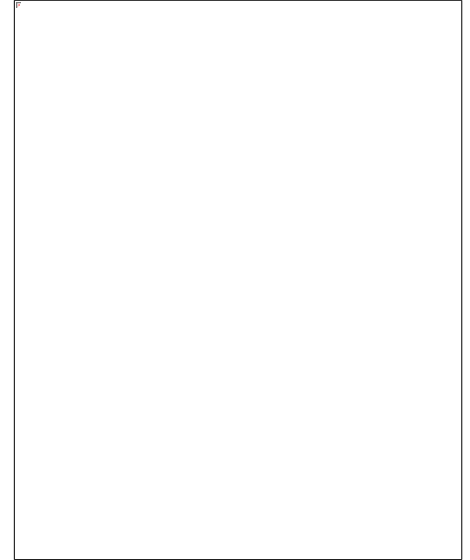
With Assistance

# The Tides

## LEAN FORWARD AND SIT UP



Independent



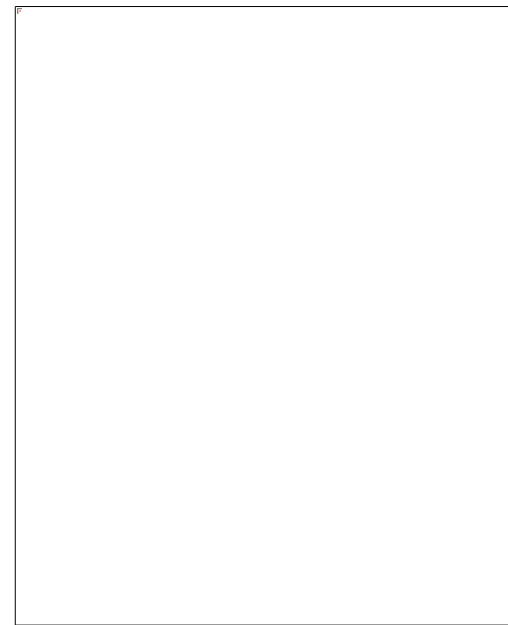
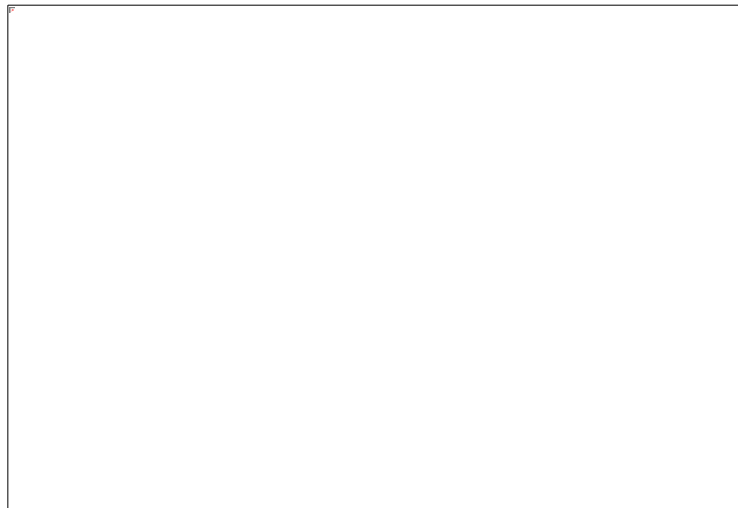
With Assistance

# Based on Orbiting

TWIST SIDE TO SIDE



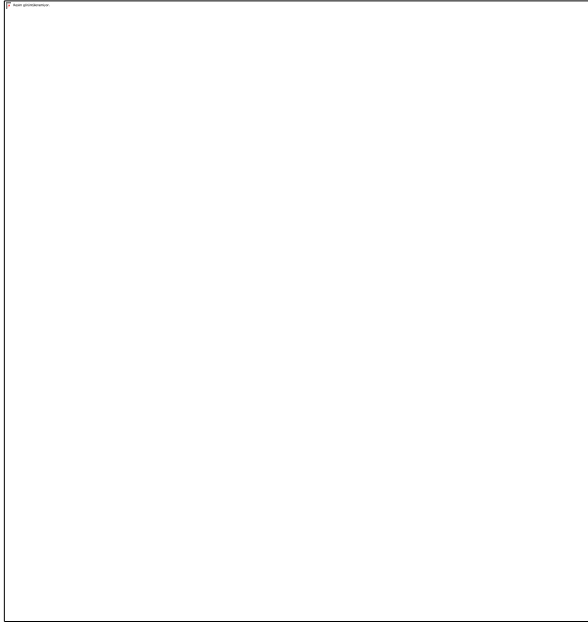
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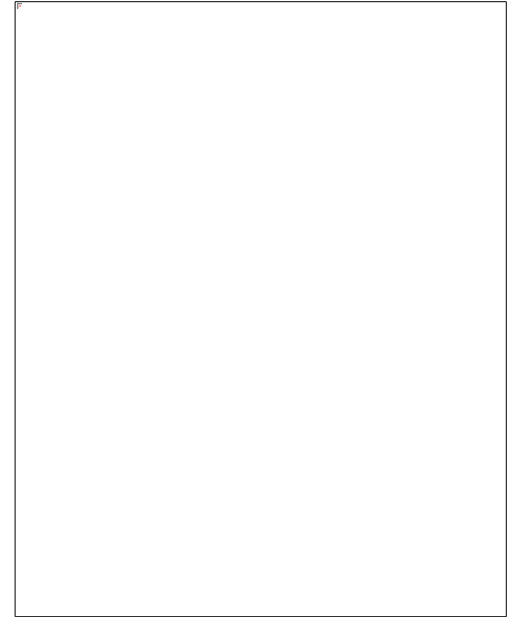
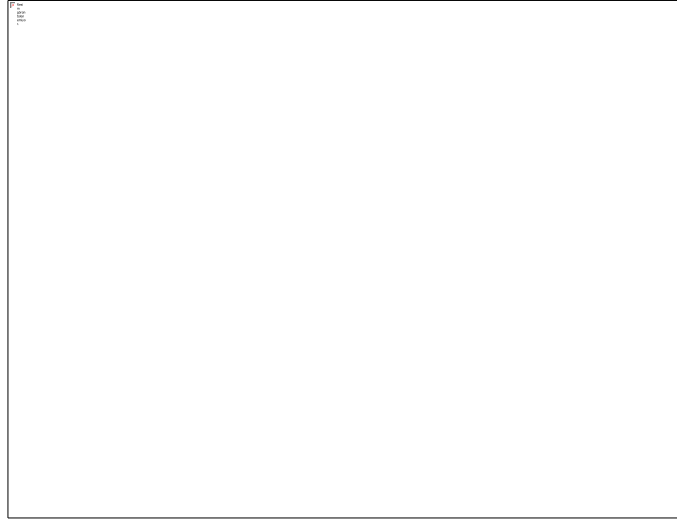
With Assistance

# Waves

## ARM CIRCLES



Independent



With Assistance

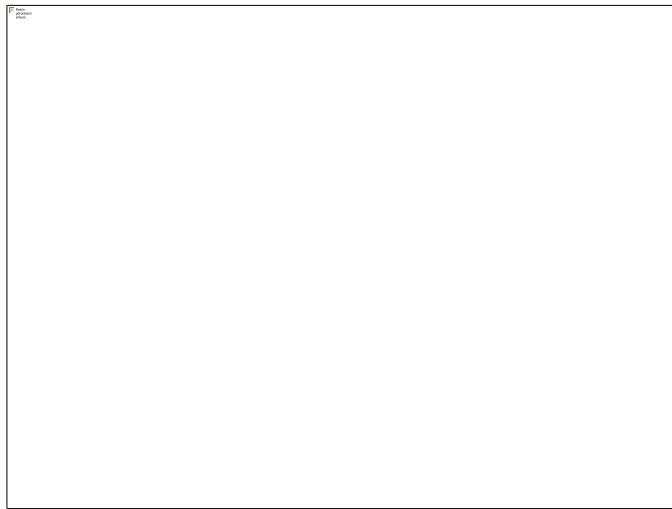


# More to Explore

LEG (OR ARM) RAISES



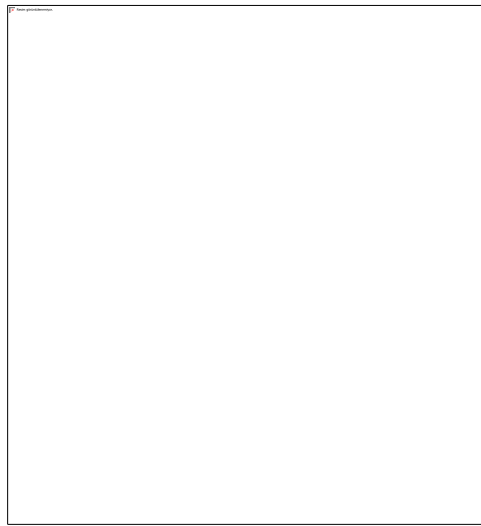
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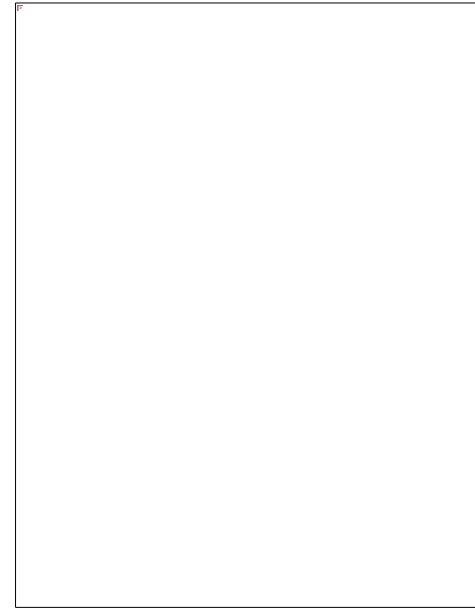
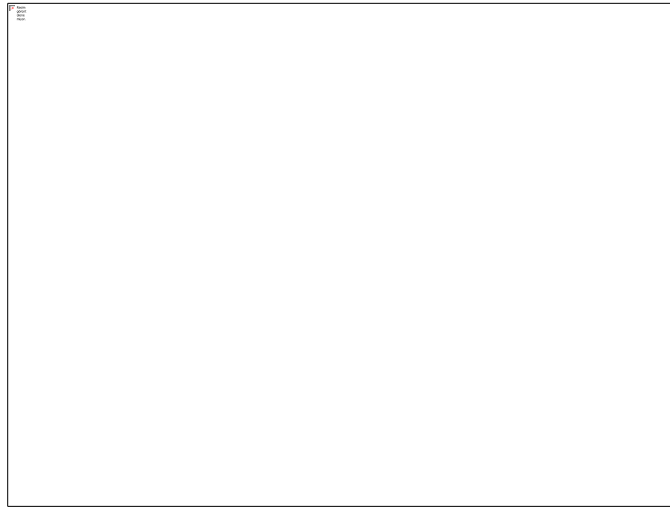
With Assistance

# Ocean Maps

## OPEN & CLOSE HAND



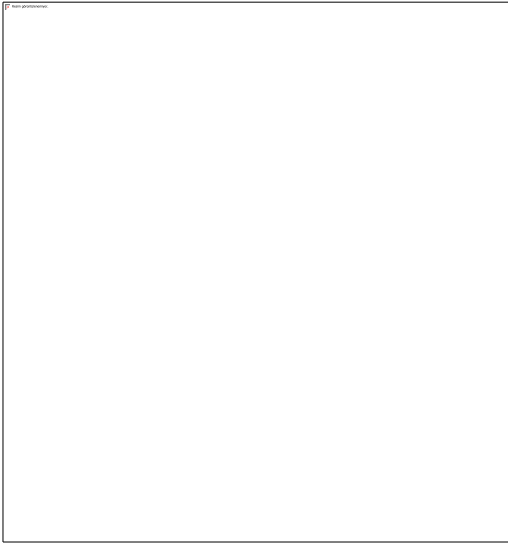
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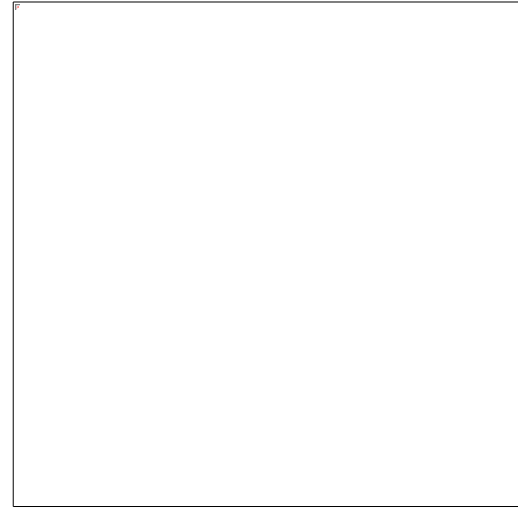
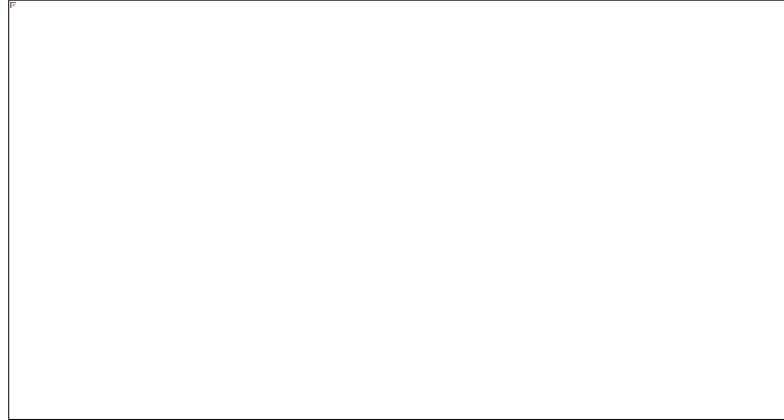
With Assistance

# Mid-Ocean Ridge

ARM(S) ABOVE HEAD & LEAN



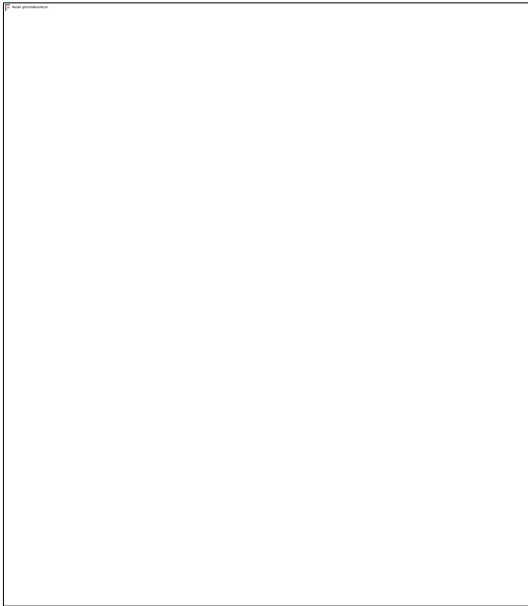
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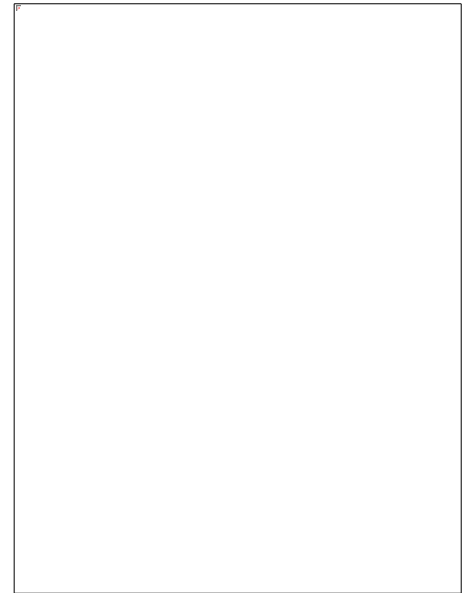
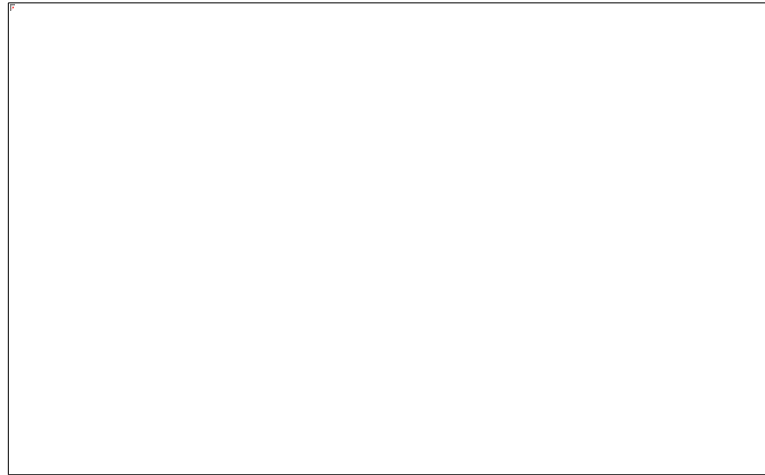
With Assistance

# Water Depth

## SIDE ARM RAISES



Independent



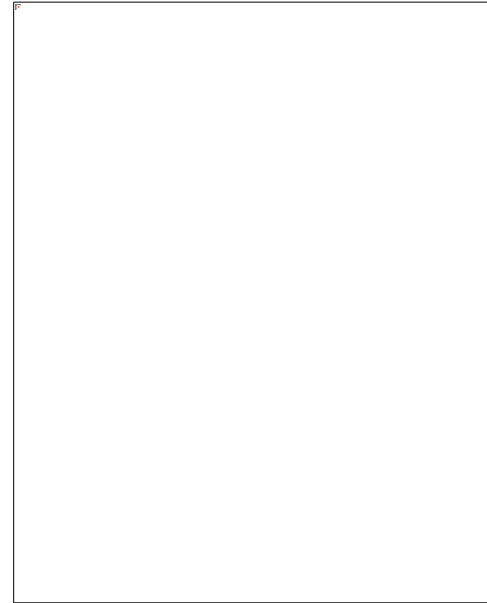
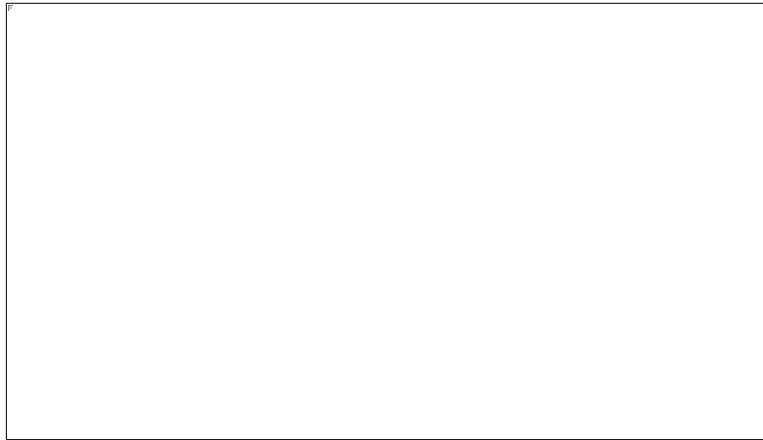
With Assistance

# Deep Sea Dive

ANKLE ROLLS (OR WRIST)



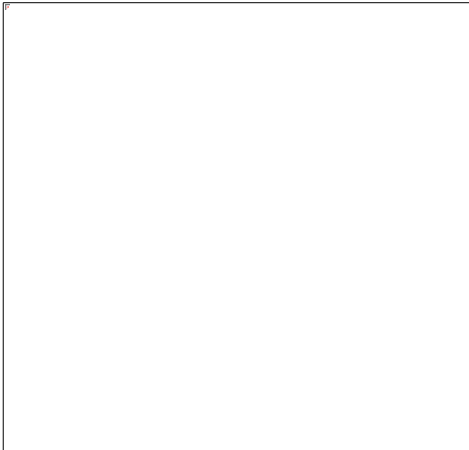
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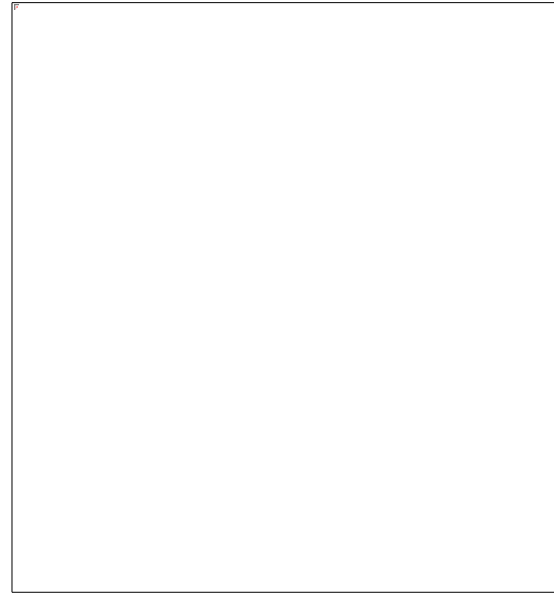
With Assistance

# Submarines

## WRIST ROLLS



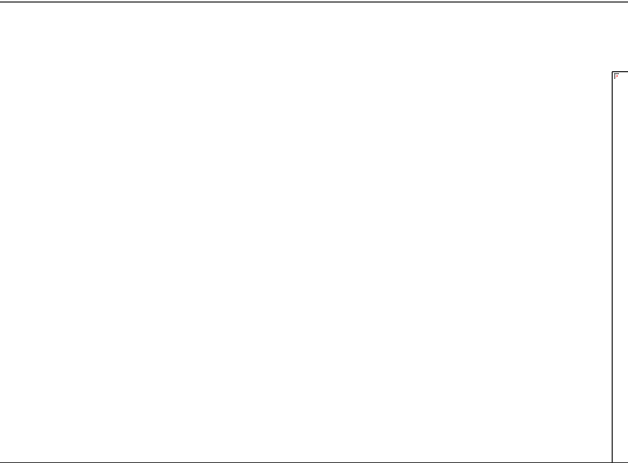
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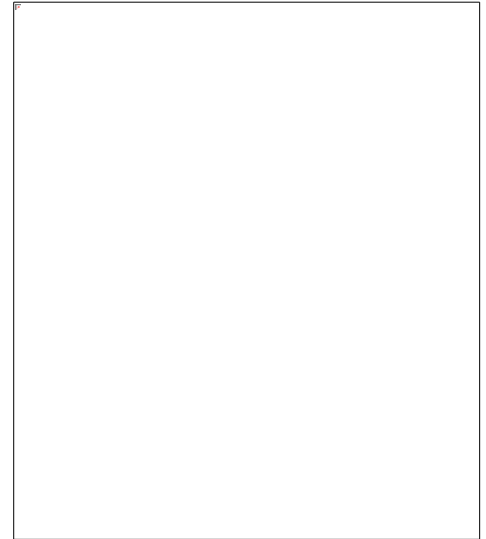
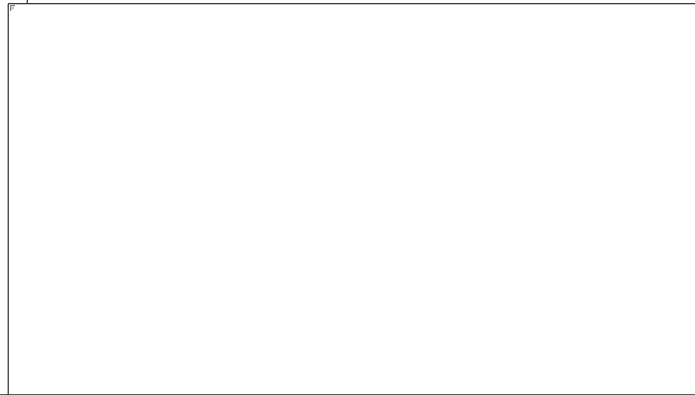
With Assistance

# Marine Life

MOVE ARM OUT AND IN



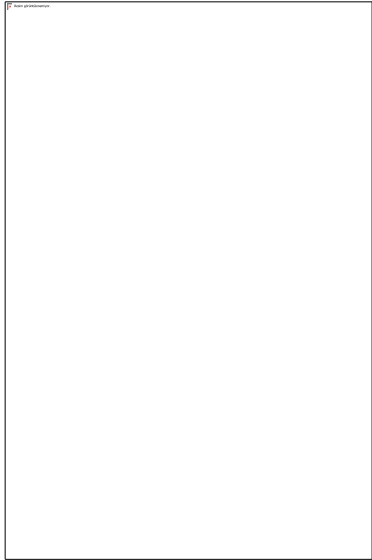
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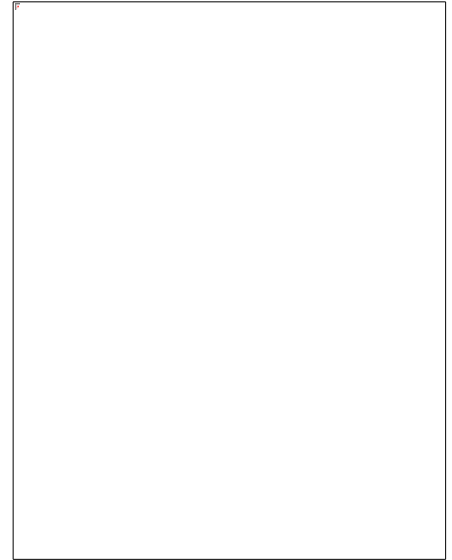
With Assistance

# Know Every Species?

SHOULDER SHRUGS (OR MASSAGE)



Independent



With Assistance



# Historic Artifacts

## FRONT ARM RAISES

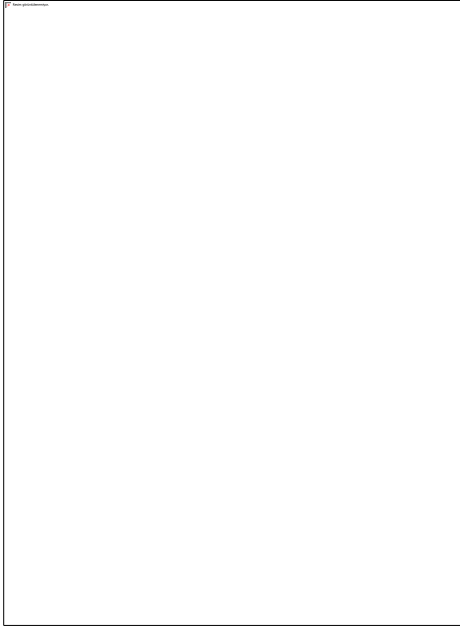
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Independent

With Assistance

# Gold!

## BOTH ARMS REACH UP



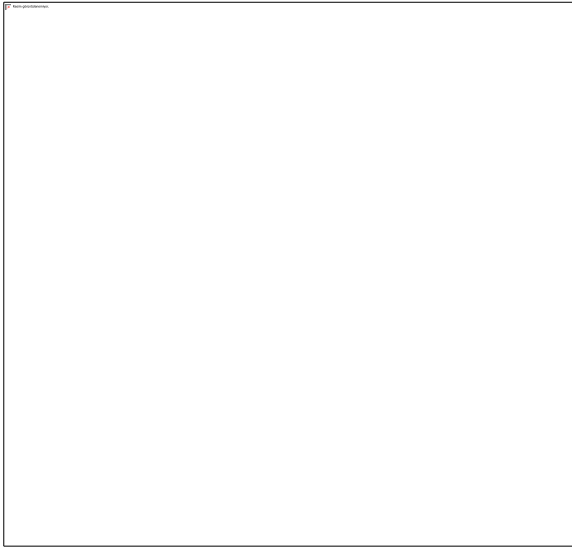
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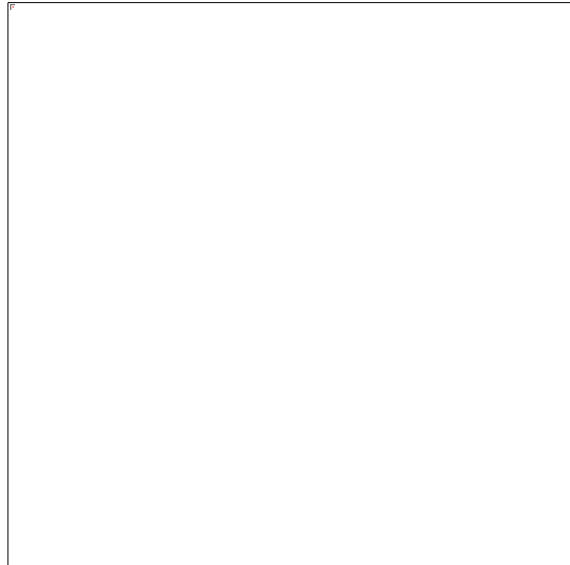
With Assistance

# 70% Oxygen

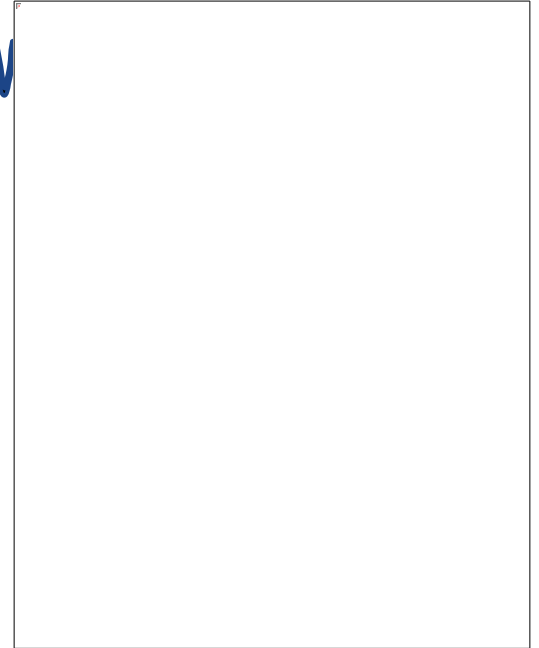
NECK STRETCH UP & DOWN



Independent

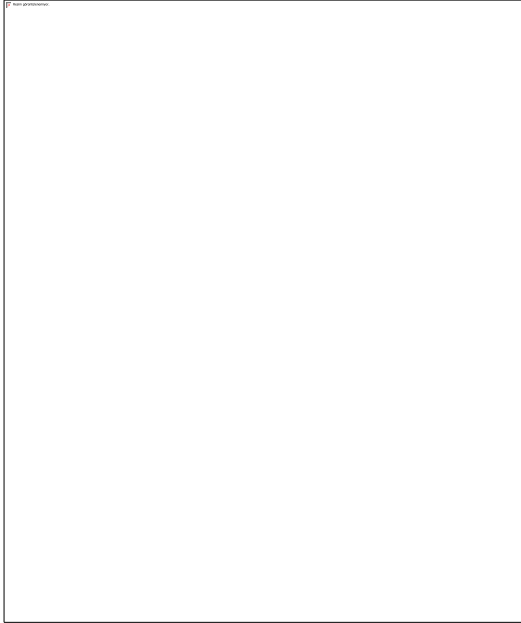


With Assistance



# Marine Algae

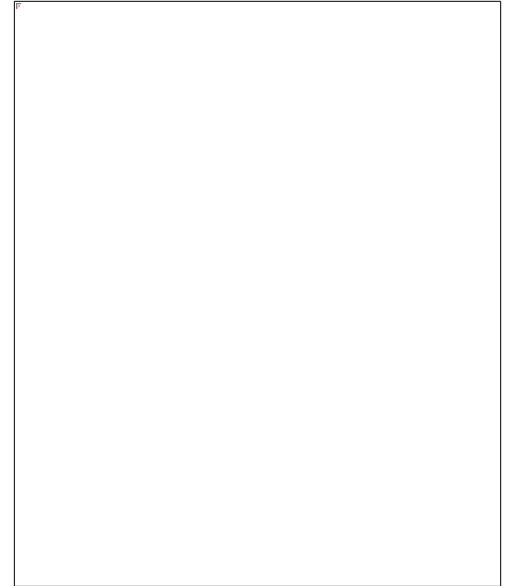
ARM ABOVE HEAD & LEAN TO SIDE



Independent

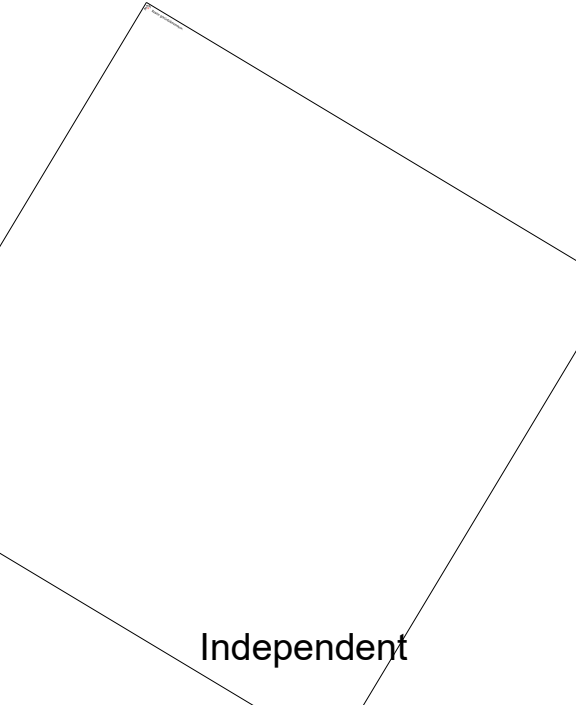


With Assistance

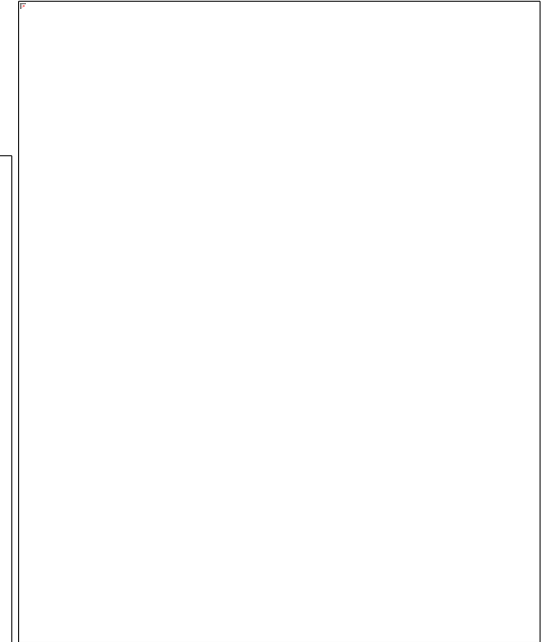


# Ice Melting

## FINGER STRETCH



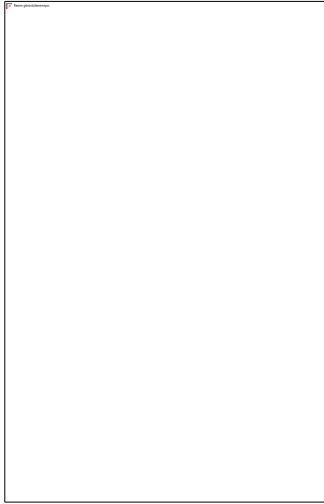
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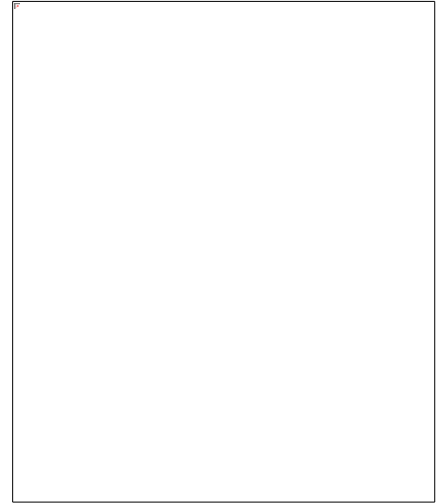
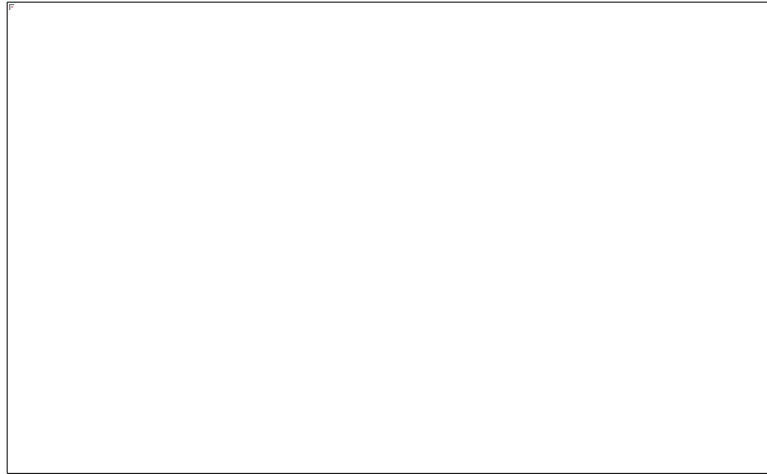
With Assistance

# Iceberg Water

## BICEP CURL



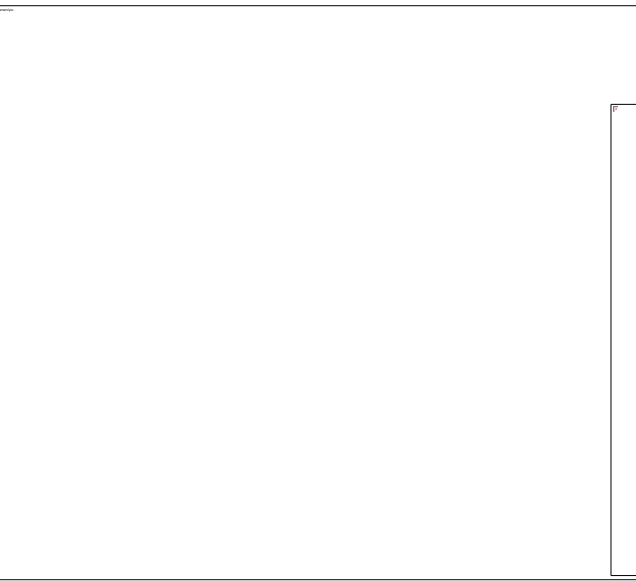
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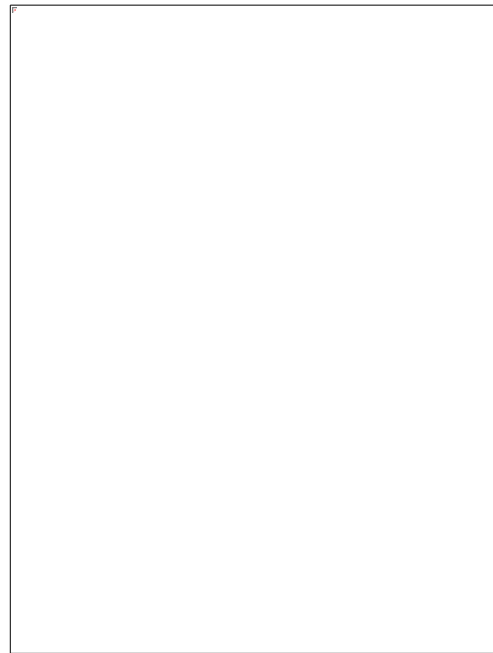
With Assistance

# Coral

## SHOULDER TAPS



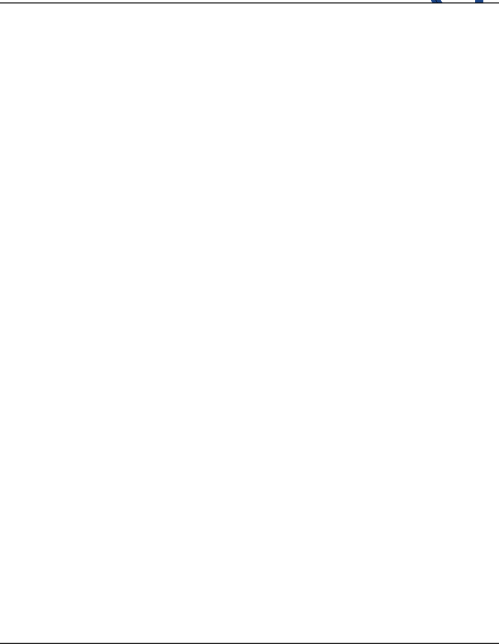
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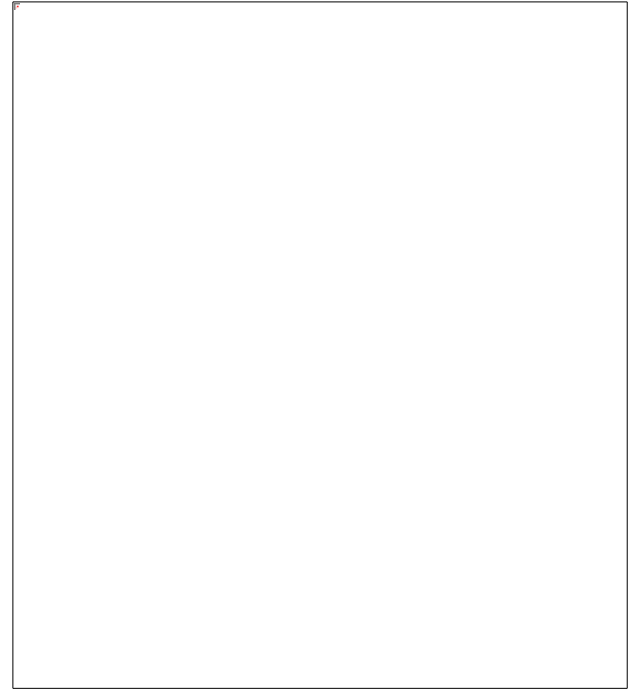
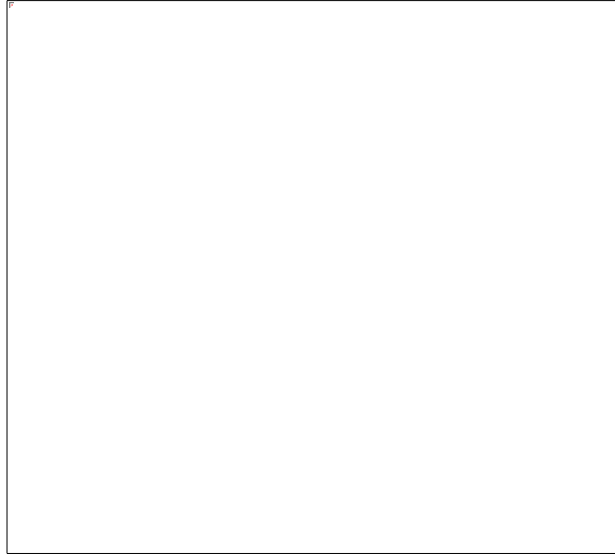
With Assistance

# Ocean Temperature

SINGLE ARM OVERHEAD



Independent



With Assistance



