

Toe Touches in crab position



High Knees



Running in Place



Plank Jacks



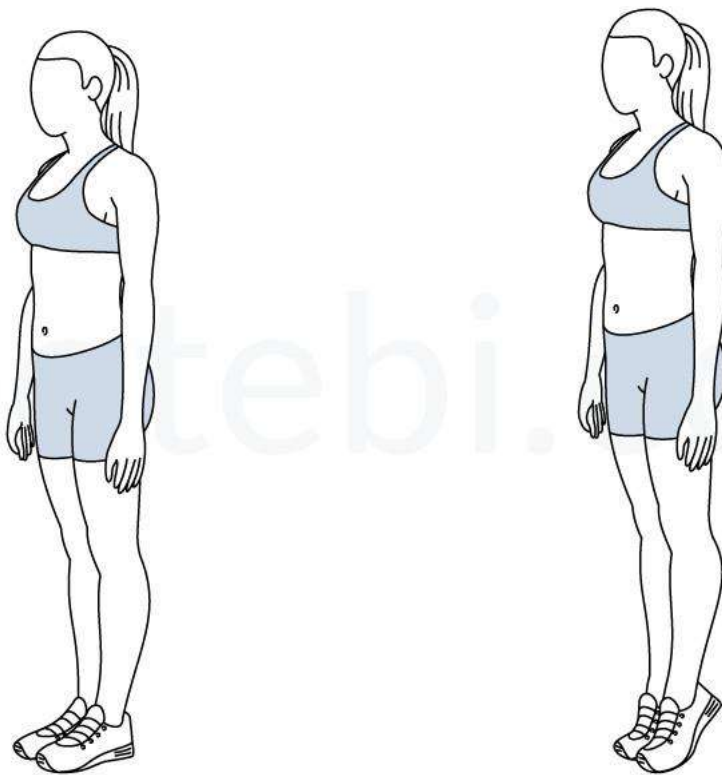
Arm Circles



Bridge



Calf Raise



Jump Squats



Sit up



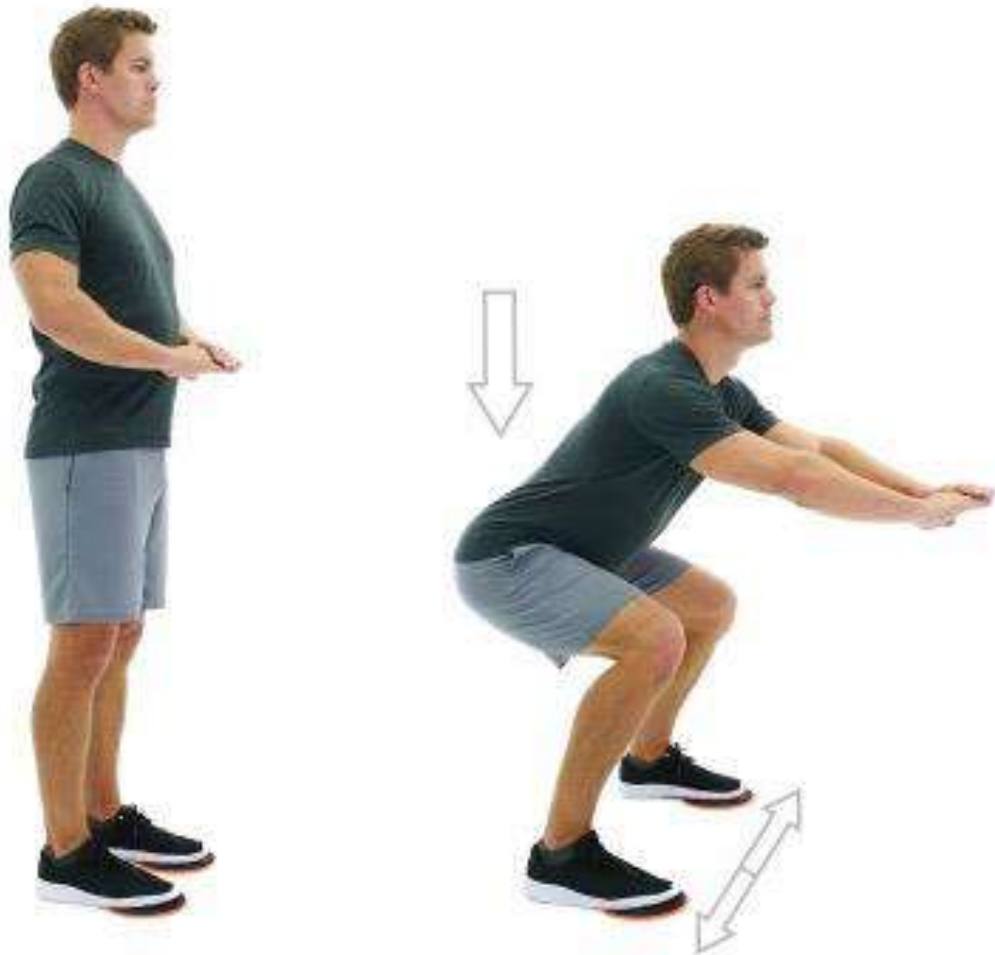
Burpee



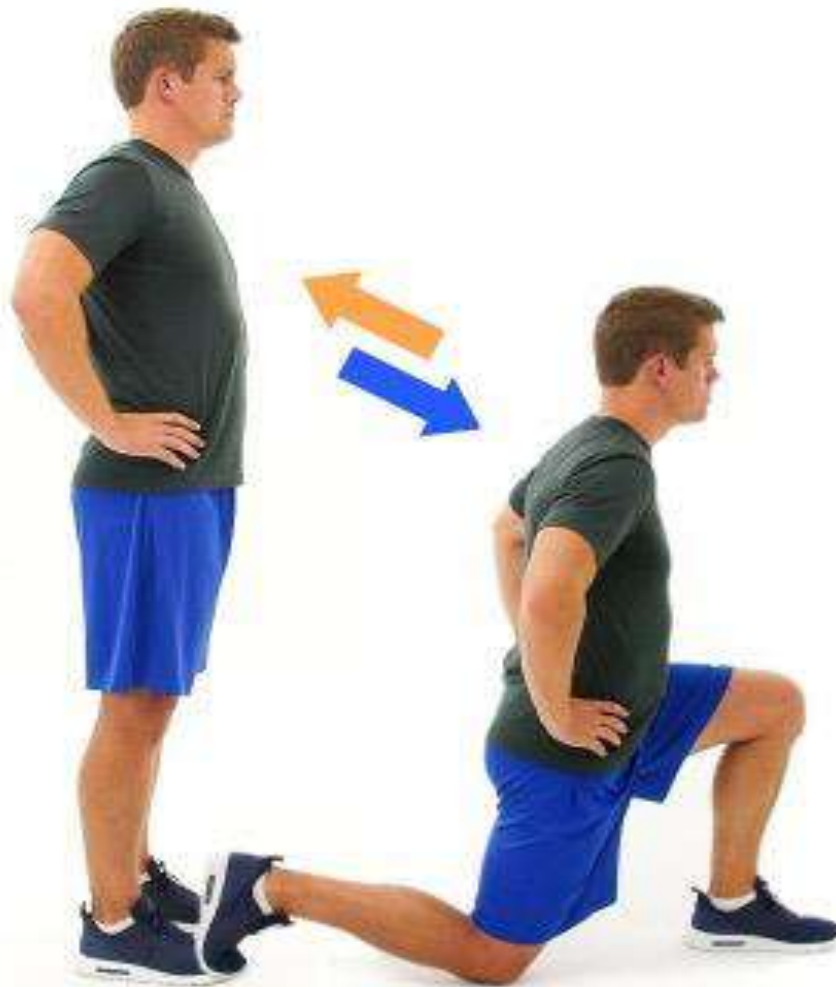
Mountain Climb



Squat



Lunge



Push up



Plank



Superman



Jumping Jacks

Jumping Jacks



1. Running in Place



2. Plank Jacks



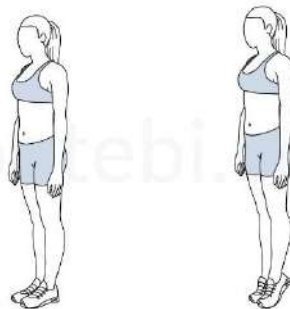
3. Arm Circles



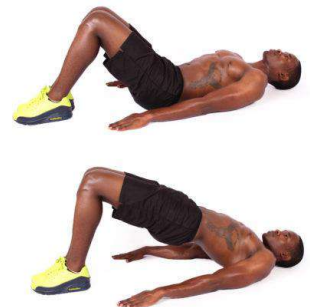
4. Jump squats



5. Calf Raise



6. Bridge



7. Burpee



8. Superman



9. Jumping Jacks



10. Push Up



11. Situps



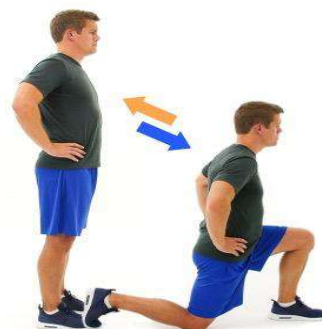
12. Mountain



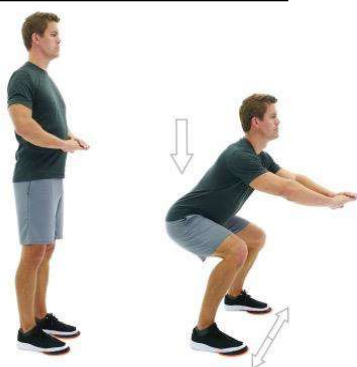
13. Plank



14. Lunge



15. Squat



16. High Knees



17. Toe touches

