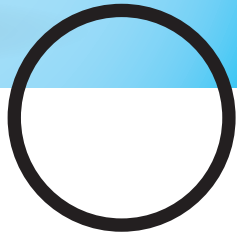


Aluminum Can



**10 Jumping
Jacks**



Cardboard Box



5 Crab Kicks



Junk Mail



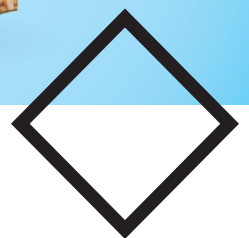
5 Push Ups



Cereal Box



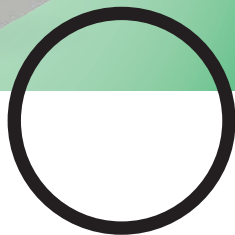
**10 Mountain
Climbers**



Milk Carton



**10 Jumping
Jacks**



Napkin



5 Crab Kicks



Yogurt Cup



5 Push Ups



Pencil



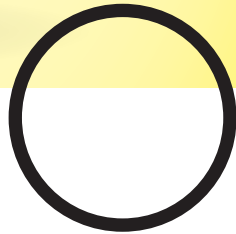
**10 Mountain
Climbers**



Magazines, Newspapers



**10 Jumping
Jacks**



Plastic Snack Cover



5 Crab Kicks



Plastic Bottle



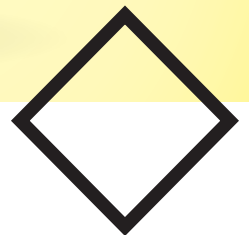
5 Push Ups



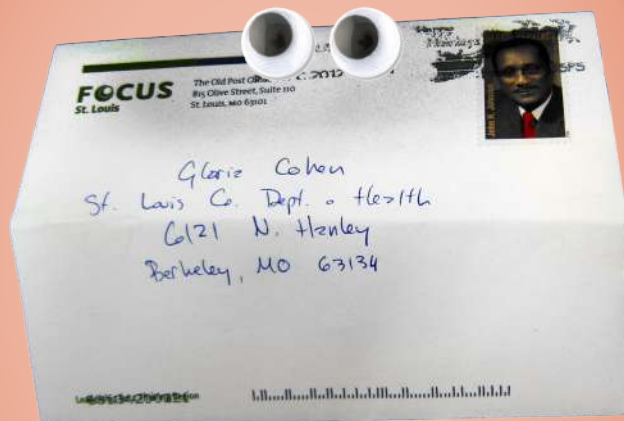
Soup Cans



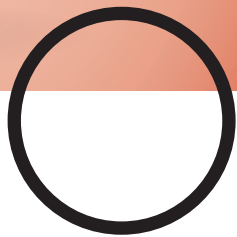
**10 Mountain
Climbers**



Envelopes



**10 Jumping
Jacks**



Ziploc Baggies



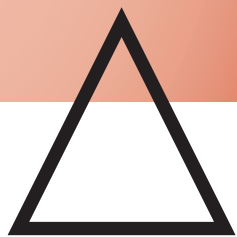
5 Crab Kicks



Aluminum Pan



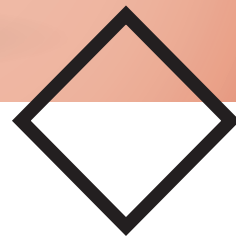
5 Push Ups



Banana



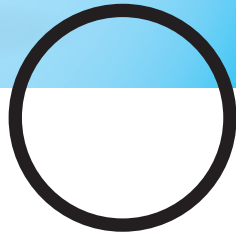
**10 Mountain
Climbers**



Pudding Cup



5 Sit Ups



Applesauce Pouch



10 Scissors



Plastic Wrapping



**Planks
(20 seconds)**



Juice Pouch



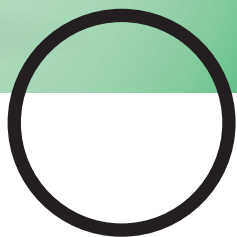
**Run in Place
(25 steps)**



Pens, Markers



5 Sit Ups



Paper Clip



10 Scissors



Erasers



**Planks
(20 seconds)**



Plastic Bag



**Run in Place
(25 steps)**



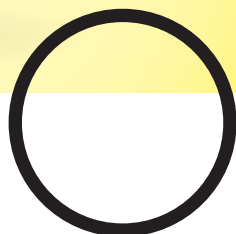
Glue Stick



Paper Towels



5 Sit Ups



10 Scissors



Styrofoam Box



Tissues



Planks
(20 seconds)



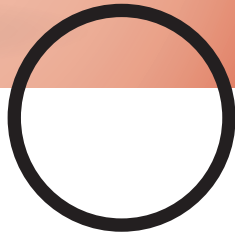
Run in Place
(25 steps)



Plastic Utensils



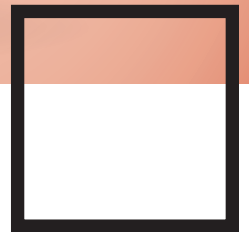
5 Sit Ups



Candy Wrapper



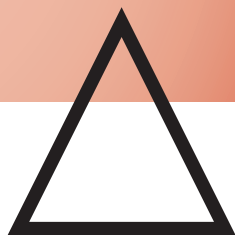
10 Scissors



String Cheese Wrapper



**Planks
(20 seconds)**



Pencil Shavings



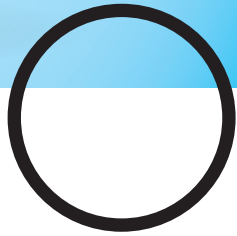
**Run in Place
(25 steps)**



Paper Plate



5 Lunges



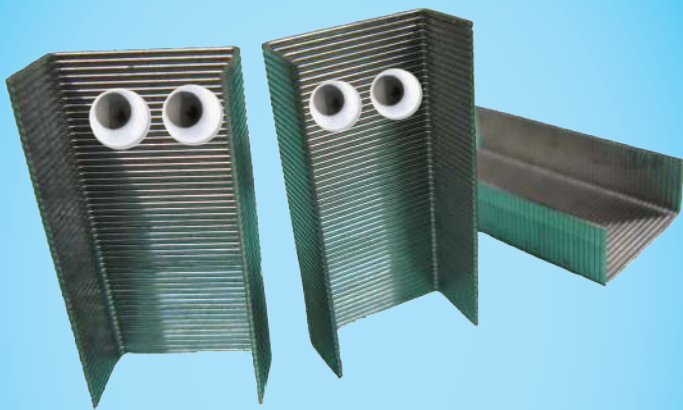
Rubber Band



10 Squats



Staples



10 Windmills



Juice Carton



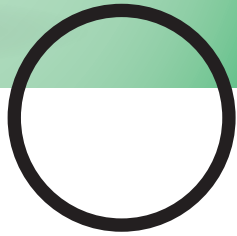
5 Burpees



Apple Core



5 Lunges



Food



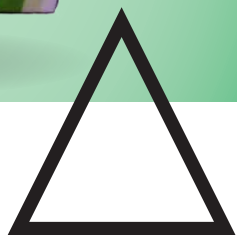
10 Squats



Tissue Box



10 Windmills



Gum



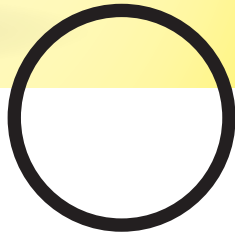
5 Burpees



Glue Bottle



5 Lunges



Paper Rolls



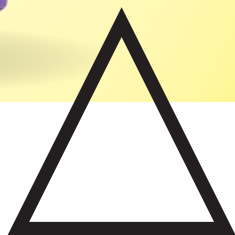
10 Squats



Crayons



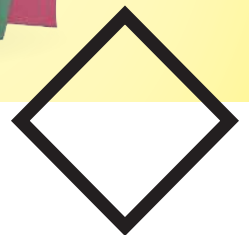
10 Windmills



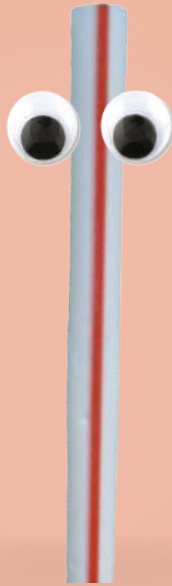
Construction Paper



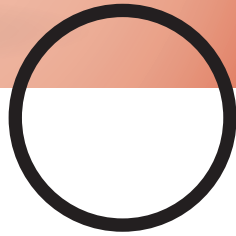
5 Burpees



Plastic Straw



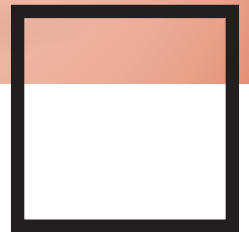
5 Lunges



Lunchables Box



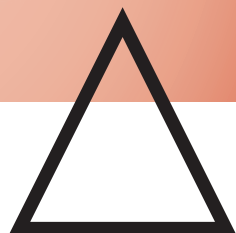
10 Squats



Lunchables Tray



10 Windmills



Juice Box



5 Burpees

