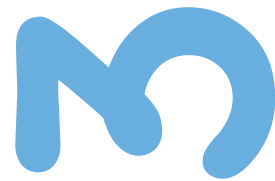


EXERCISES

- ◆ JUMPING JACKS
- ♥ WACKY JACKS
- ♠ PUSH-UPS
- ♣ SIT-UPS
- ◆ CRAB WALK
- ♥ SQUAT JUMPS
- ♠ ALTERNATE TOE TOUCHES
- ♣ FLUTTER KICKS
- ◆ MARCH IN PLACE
- ♥ LEG LIFTS
- ♠ ARM CIRCLES
- ♣ SIT AND REACH
- ◆ STAND-UP/SIT-DOWN
- ♥ OVERHEAD REACHES
- ♠ HIGH KNEES
- ♣ LUNGES



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JUMPING JACKS

WACKY JACKS

PUSH-UPS

SIT-UPS

CRAB WALK

SQUAT JUMPS

**ALTERNATE TOE
TOUCHES**

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