Heel Raise
Lunges
Tree Pose
Jumping Jacks
Hops
Jump Shots
Arm Circles
Chest Stretch
Cross Crawls
Jumps
Side Bends  Squats  Toe Touches  Windmills  Stretch Up
Sky Reaches  Scissor Kicks  Back Stretch  Quad Stretch  Jog in Place
Mountain Climbers

Lunges

Pushups

Jumping Jacks

Jump Shots

Butt Kicks

Heel Raise

Cross Crawls
Arm Circles  
Sit Ups  
Squats  
Toe Touches  
Jumps  
Sky Reaches  
Scissor Kicks  
Side Bends
Windmills
Stretch Up
Tuck Jumps
Hops
Jog in Place
Run in Place
- Mountain Climbers
- Lunges
- Pushups
- Jump Shots
- Butt Kicks
- Heel Raise
Squats
Toe Touches
Windmills
Scissor Kicks
Side Bends
Hops
Stretch Up

Tuck Jumps

Stretch Down

Jog in Place

Run in Place

Shoulder Stretch
Quad Stretch
Hamstring Stretch
Triceps Stretch
Back Stretch
Chest Stretch
Tree Pose