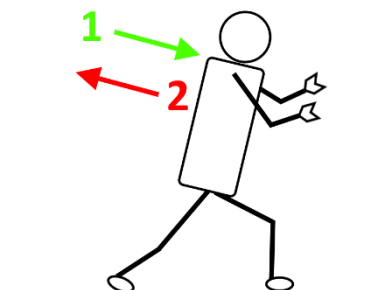
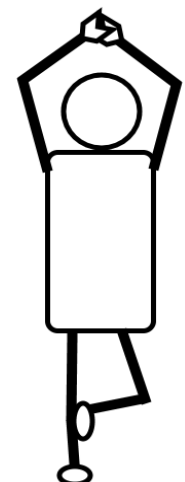


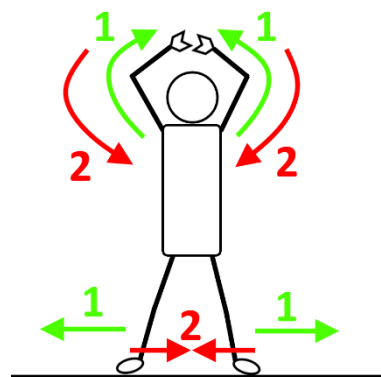
Heel Raise



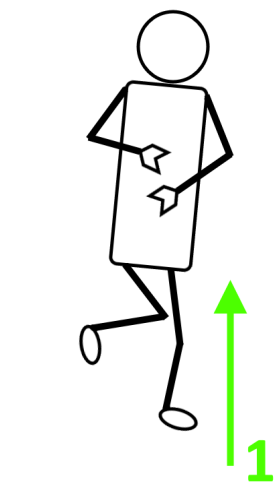
Lunges



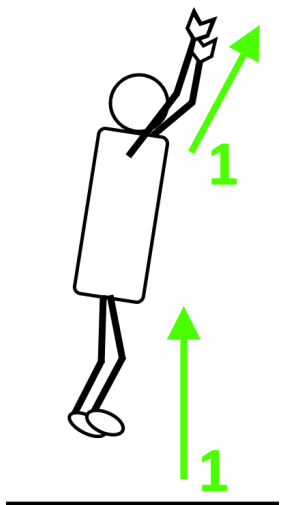
Tree Pose



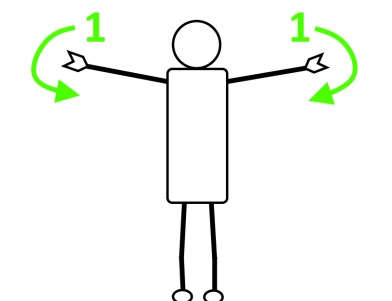
Jumping Jacks



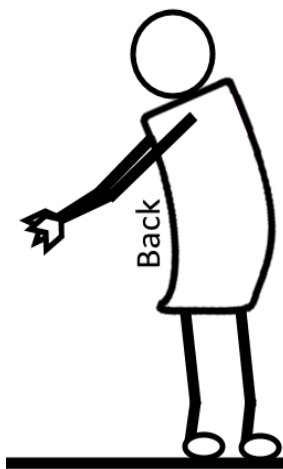
Hops



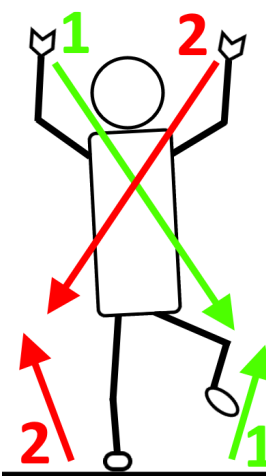
Jump Shots



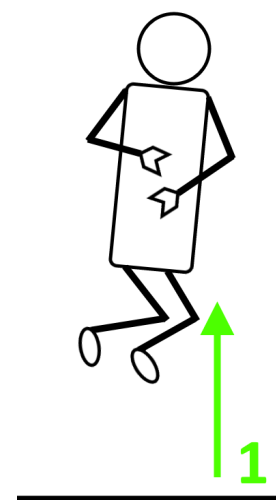
Arm Circles



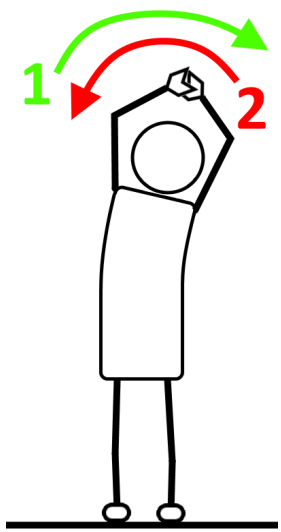
Chest Stretch



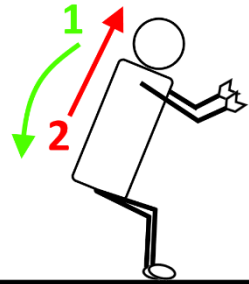
Cross Crawls



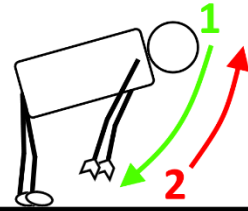
Jumps



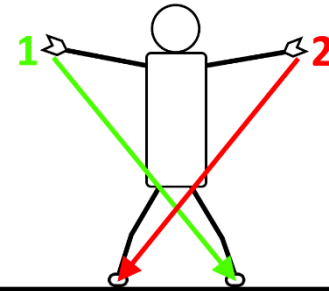
Side Bends



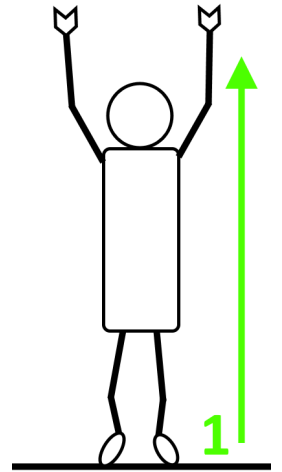
Squats



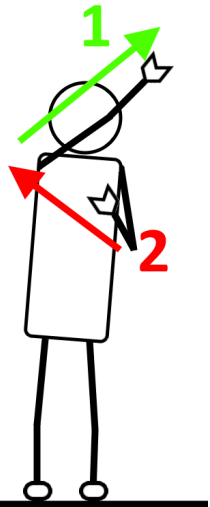
Toe Touches



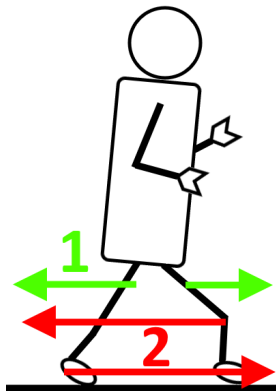
Windmills



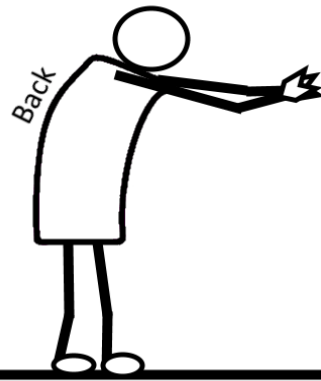
Stretch Up



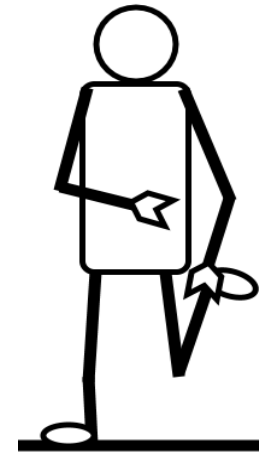
Sky Reaches



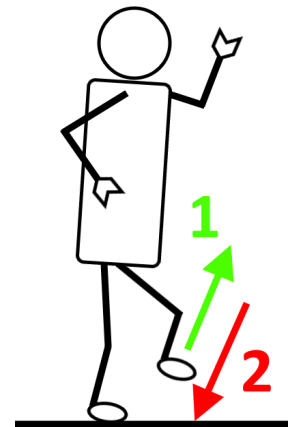
Scissor Kicks



Back Stretch



Quad Stretch



Jog in Place

Fit**4**Kids

Fit**4**Kids

Fit**4**Kids

Fit**4**Kids

Fit**4**Kids

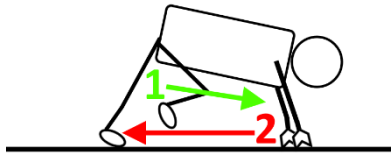
Fit**4**Kids

Fit**4**Kids

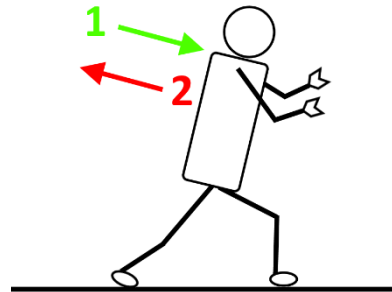
Fit**4**Kids

Fit**4**Kids

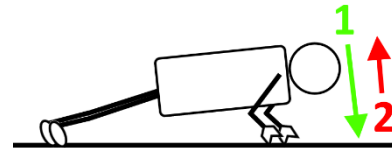
Fit**4**Kids



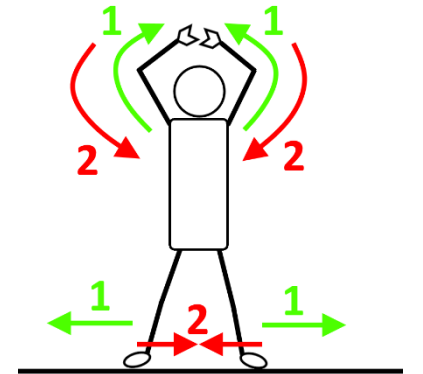
Mountain Climbers



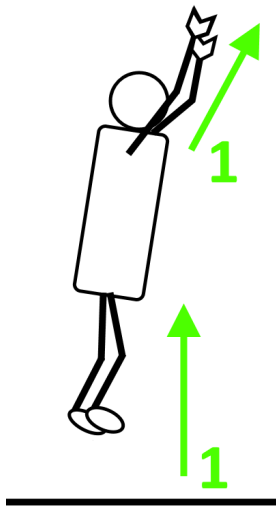
Lunges



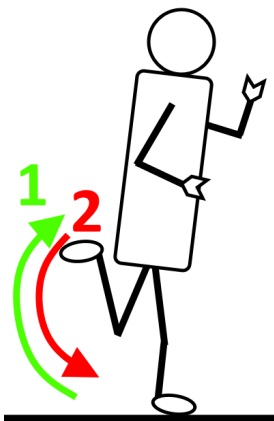
Pushups



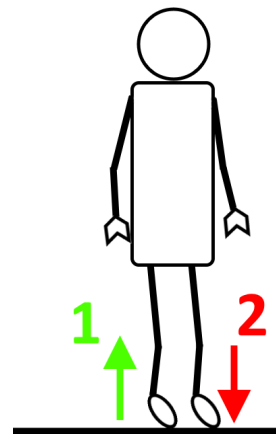
Jumping Jacks



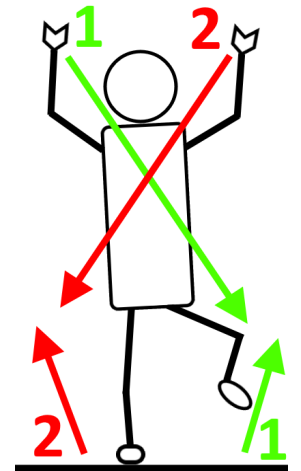
Jump Shots



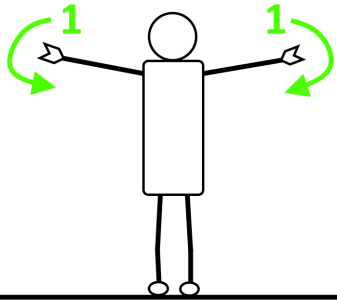
Butt Kicks



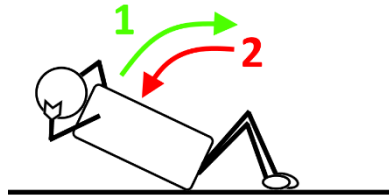
Heel Raise



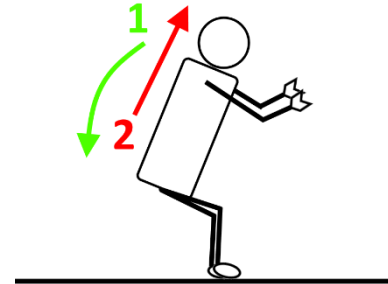
Cross Crawls



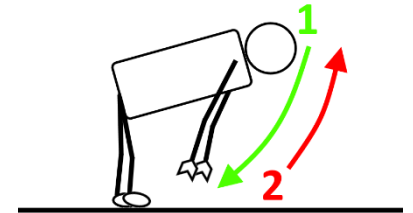
Arm Circles



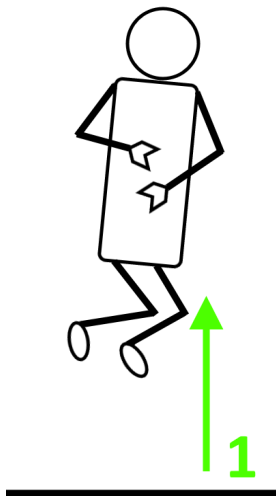
Sit Ups



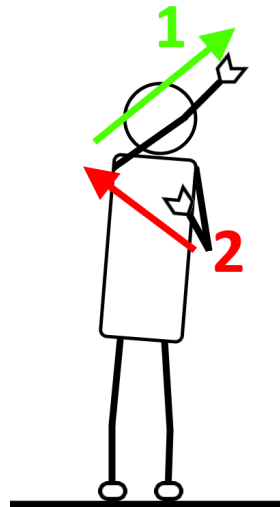
Squats



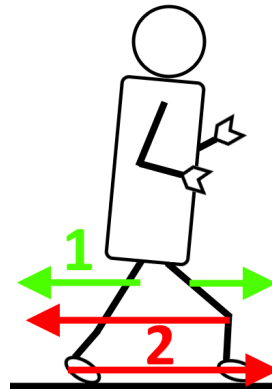
Toe Touches



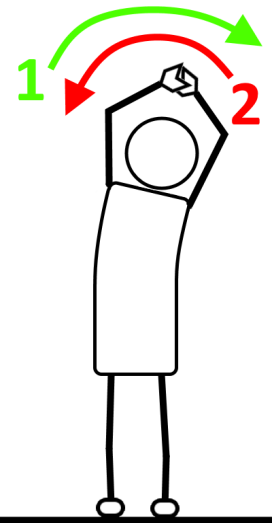
Jumps



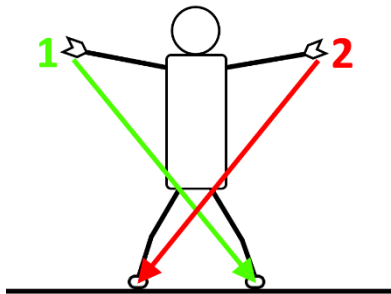
Sky Reaches



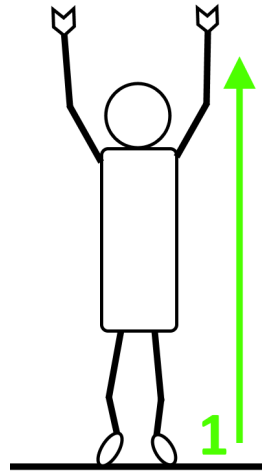
Scissor Kicks



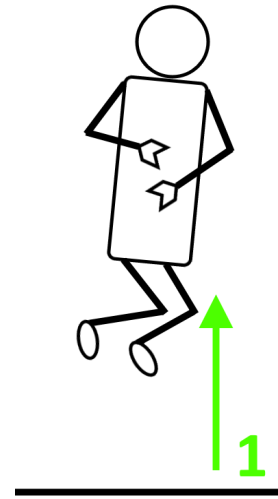
Side Bends



Windmills

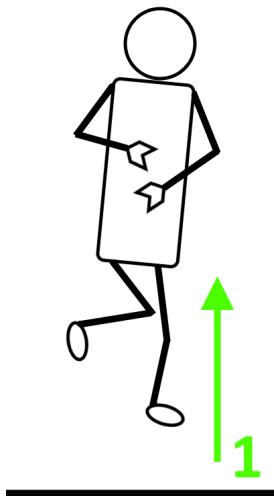


Stretch Up

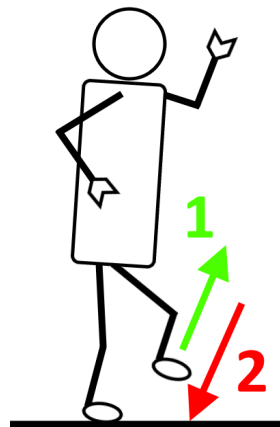


Tuck Jumps

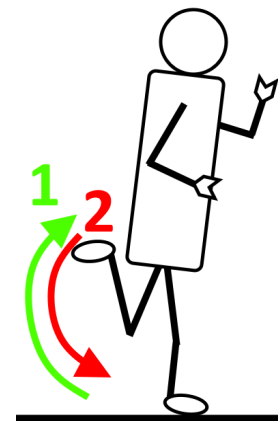
**Your
Choice**



Hops

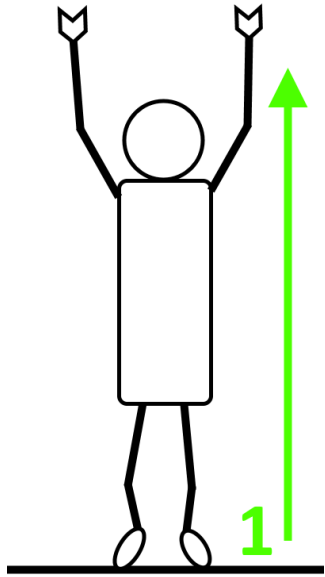


Jog in Place

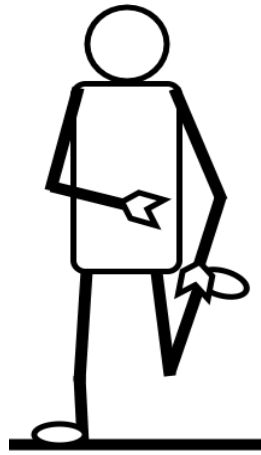


Run in Place

**Your
Choice**



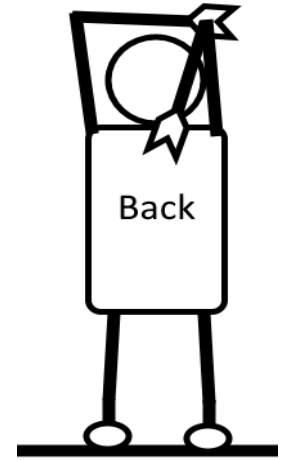
Ceiling Stretch



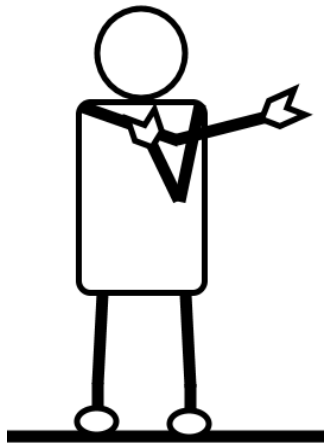
Quad Stretch



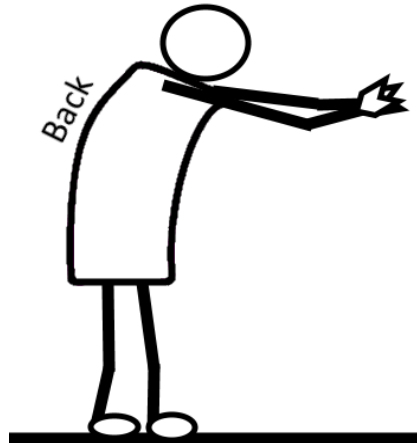
Hamstring Stretch



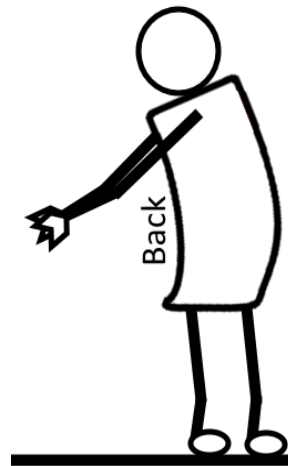
Triceps Stretch



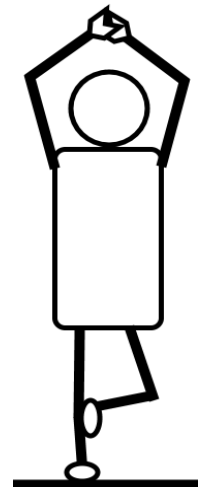
Shoulder Stretch



Back Stretch



Chest Stretch



Tree Pose



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grfit4kids.org



grfit4kids.org



grfit4kids.org



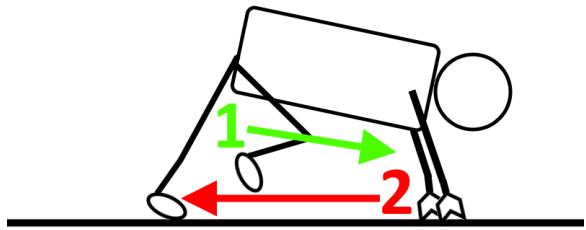
grfit4kids.org



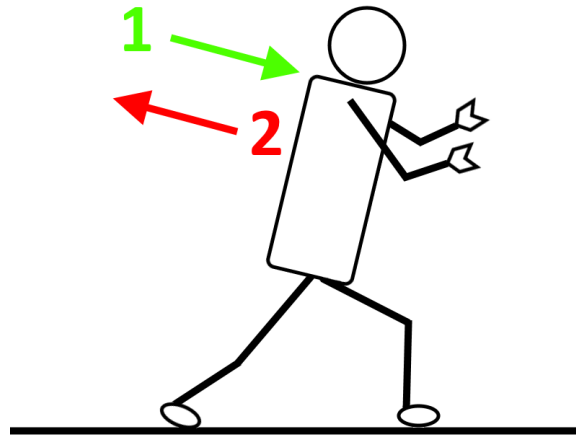
grfit4kids.org



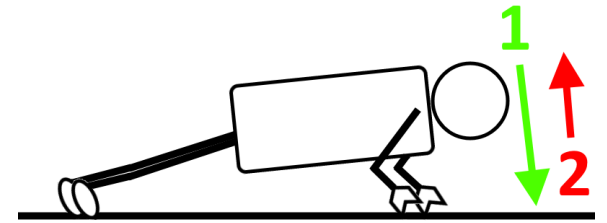
grfit4kids.org



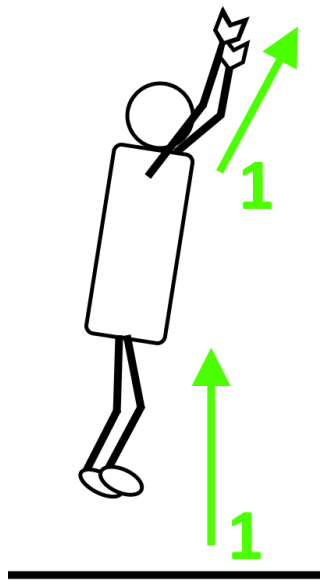
Mountain Climbers



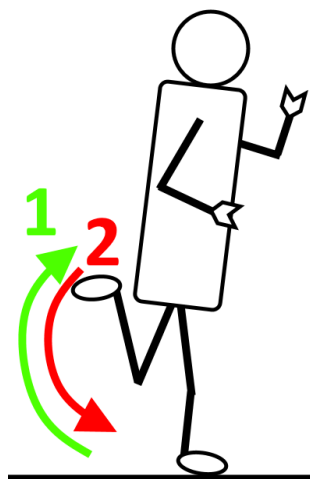
Lunges



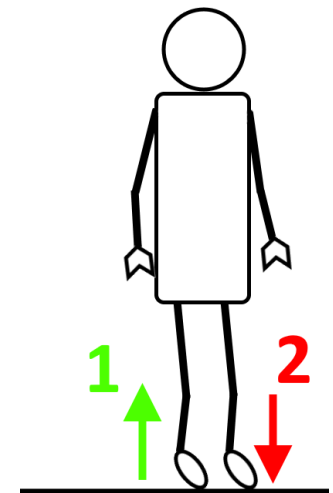
Pushups



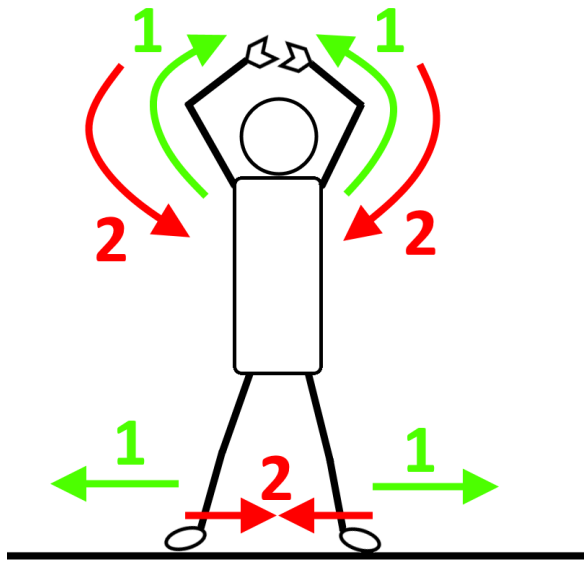
Jump Shots



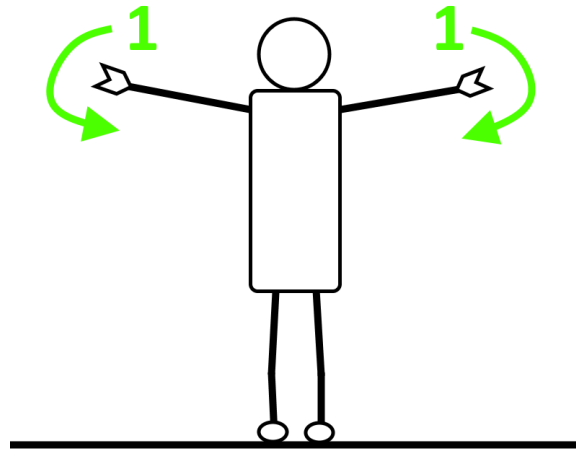
Butt Kicks



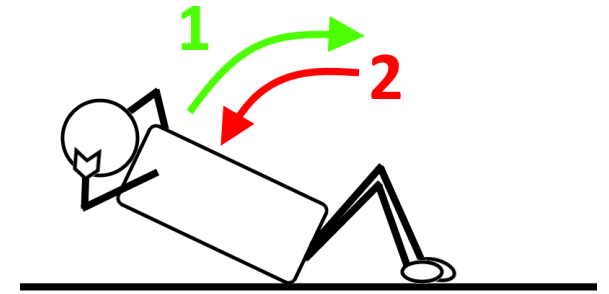
Heel Raise



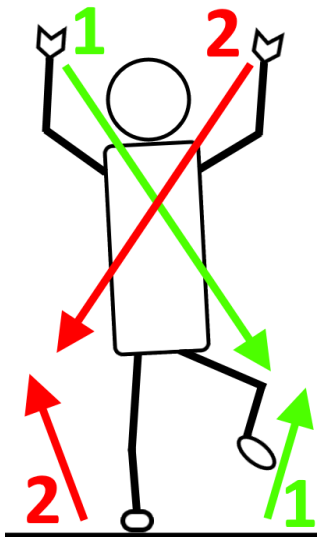
Jumping Jacks



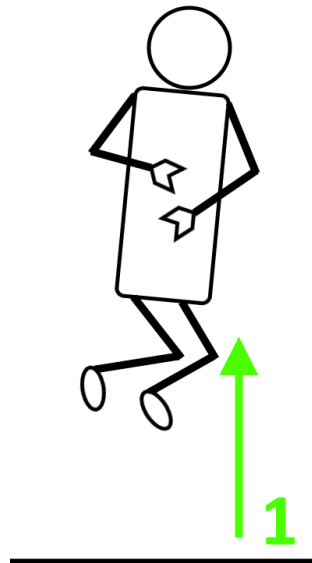
Arm Circles



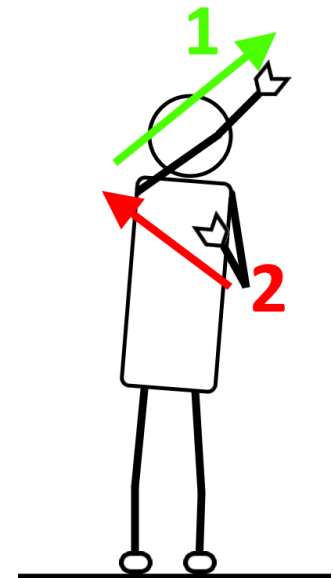
Sit Ups



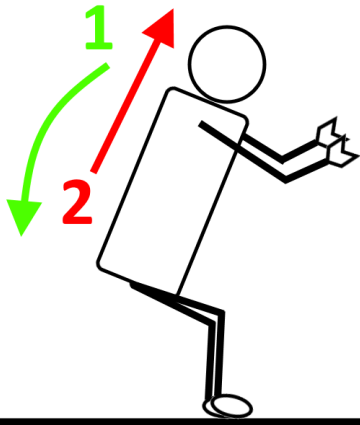
Cross Crawls



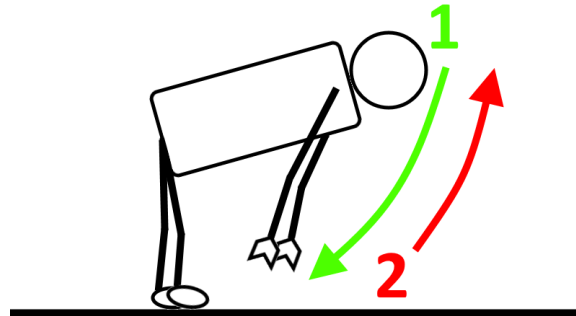
Jumps



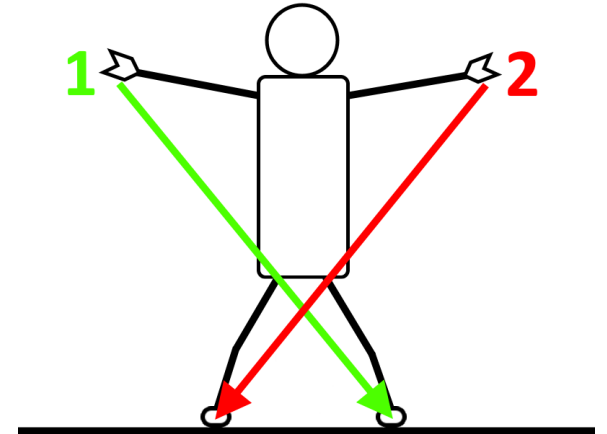
Sky Reaches



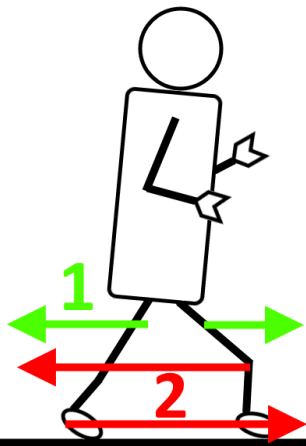
Squats



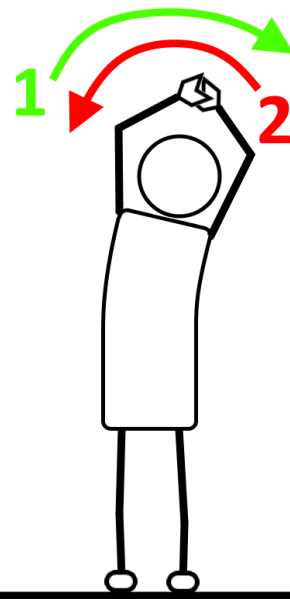
Toe Touches



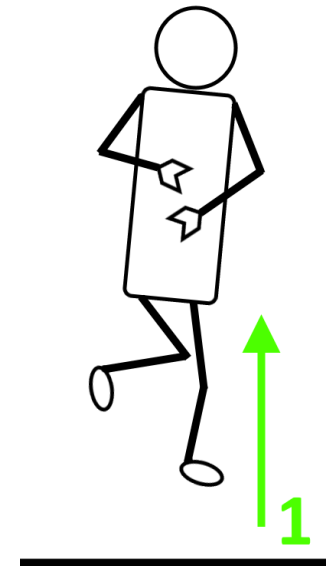
Windmills



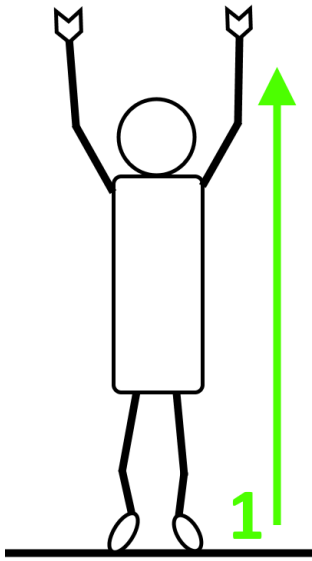
Scissor Kicks



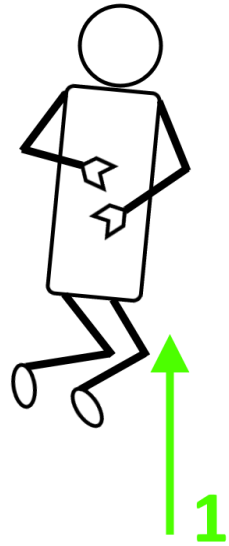
Side Bends



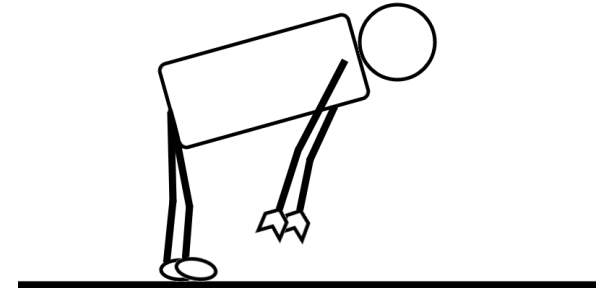
Hops



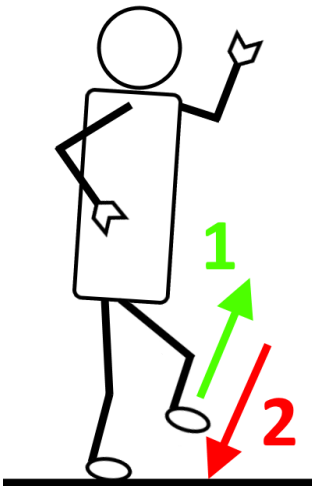
Stretch Up



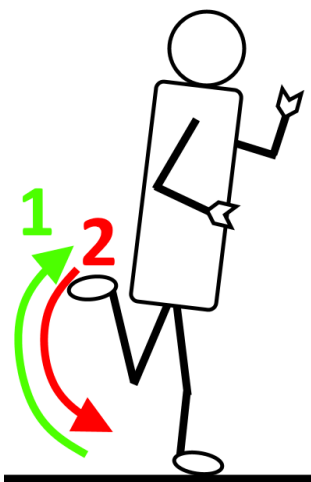
Tuck Jumps



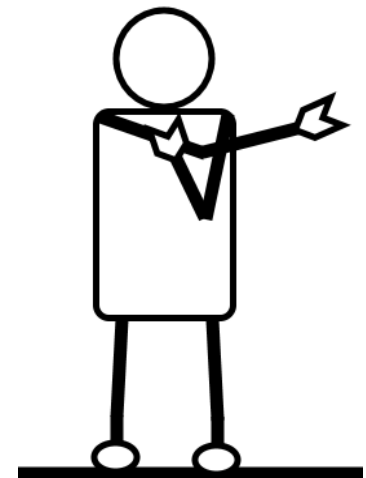
Stretch Down



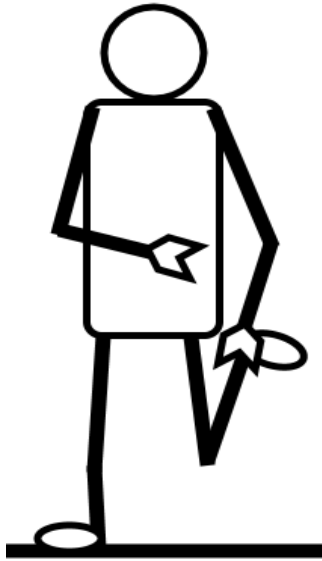
Jog in Place



Run in Place



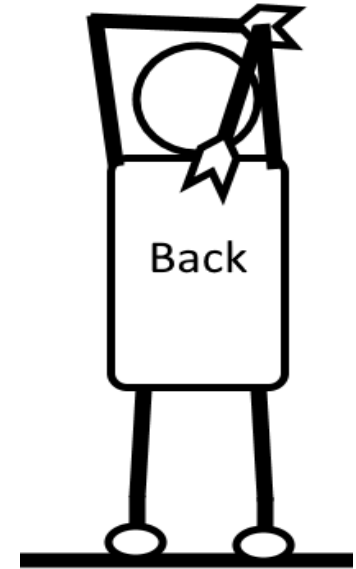
Shoulder Stretch



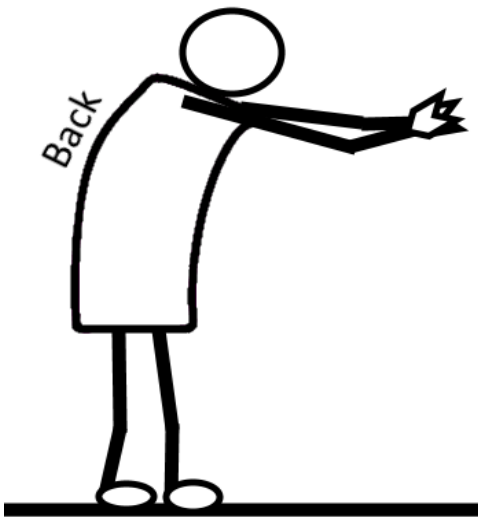
Quad Stretch



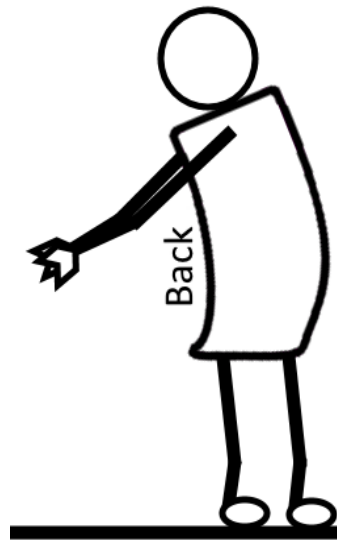
Hamstring Stretch



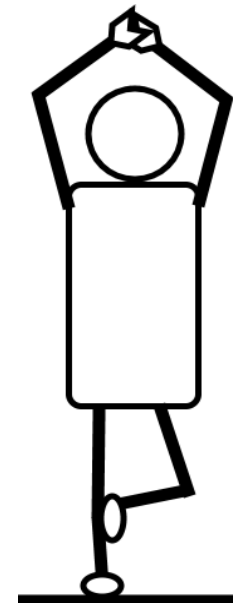
Triceps Stretch



Back Stretch



Chest Stretch



Tree Pose



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