Sit Ups
Cross Crawls
Arm Circles
Jumping Jacks
Side Bends
Sky Reaches
Lunges
Squats
Toe Touches
Windmills
Jumps
Jump Shots
Scissor Kicks
Jog in Place
Heel Raises
Hop on 1 Foot
Butt Kicks
Ceiling Stretch
Pushups
words
words
words
words
A or F or B or G

C or H or D or J