
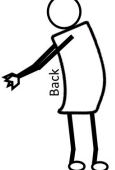

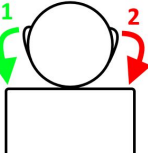





# Fit4Kids Classroom Exercises

|   |   |   |  |   |
|---|---|---|--|---|
|    |    |    |   |    |
| <b>Arm Circles</b>  | <b>Basketball Shots</b>   | <b>Cross Crawls</b>   | <b>Heel Raises</b>   | <b>High Knees</b>   |
|    |    |    |   |    |
| <b>Hops (1 Foot)</b>  | <b>Jog in Place</b>   | <b>Jumping Jacks</b>  | <b>Jumps</b>   | <b>Kickers</b>  |
|   |   |   |  |   |
| <b>Lunges</b>   | <b>Scissor Kicks</b>  | <b>Side Bends</b>   | <b>Sky Reaches</b>   | <b>Squats</b>   |
|  |  |  |  |  |
| <b>Toe Touches</b>  | <b>Windmills</b>  | <b>Mountain Climbers</b>  | <b>Push Ups</b>  | <b>Sit Ups</b>  |

## Cool Down Stretches

|   |   |   |   |  |   |   |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| <b>Back</b>   | <b>Chest</b>  | <b>Hamstring</b>  | <b>Neck</b>   | <b>Quad</b>  | <b>Shoulder</b>   | <b>Tricep</b>   |