

- Jumping Jacks
- Low Jacks
- High Knees
- Arm Circles
- Heel_(calf) Raises
- Jump Rope _(invisible)
- Twist Side to Side
- Squats
- Star Jumps
- Tuck Jumps
- Skip in Place
- Hops on One Foot
- Hops on Both Feet
- Donkey Kicks
- Lunges
- Ski-Strides
- Twist & Reach
- March in Place
- Swim in Place _(any stroke!)
- Cross Crawls _(opposite elbow to knee)
- Windmills _(touch right hand down to left toe, stand up, and switch sides)
- Sky Punches _(alternate arms and punch to the sky)
- Basketball Shot
- Bunny Hop
- Run in Place
- Balance on One Leg

