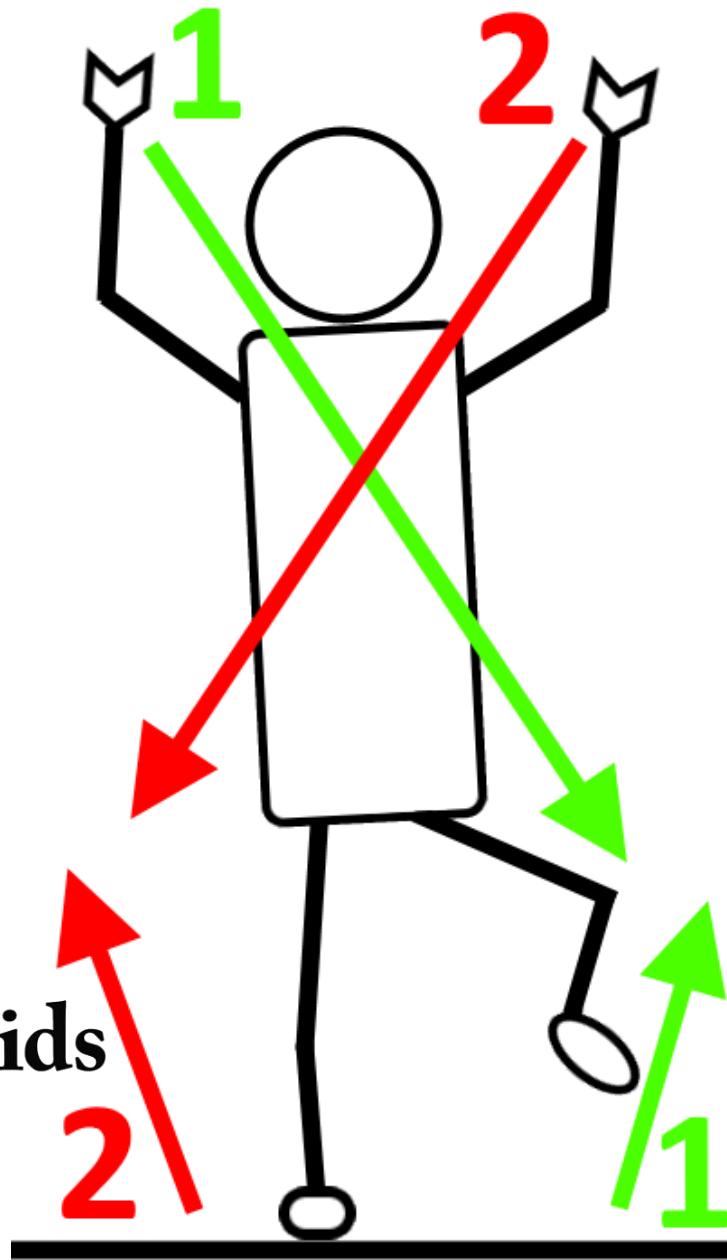
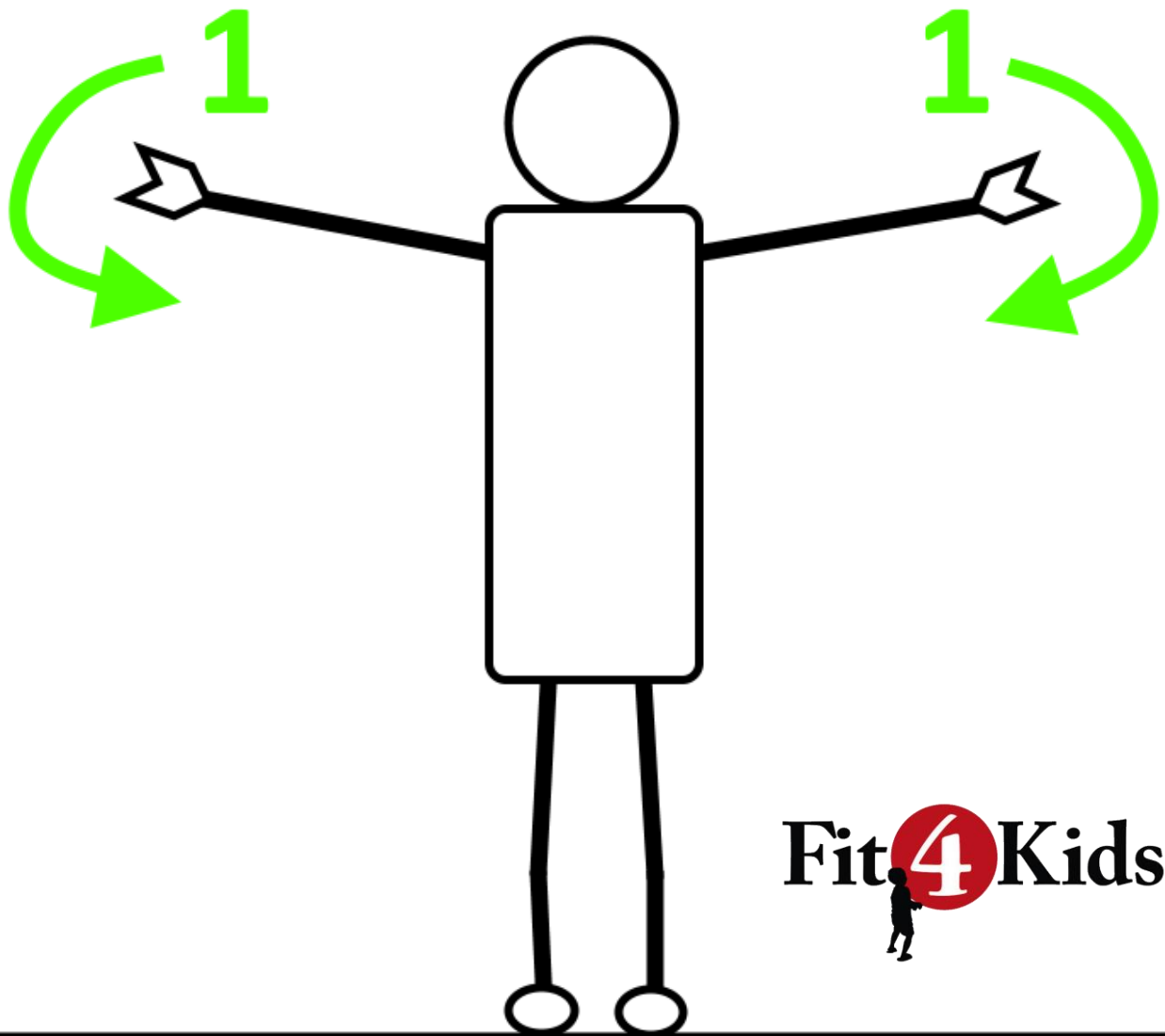


Sit Ups

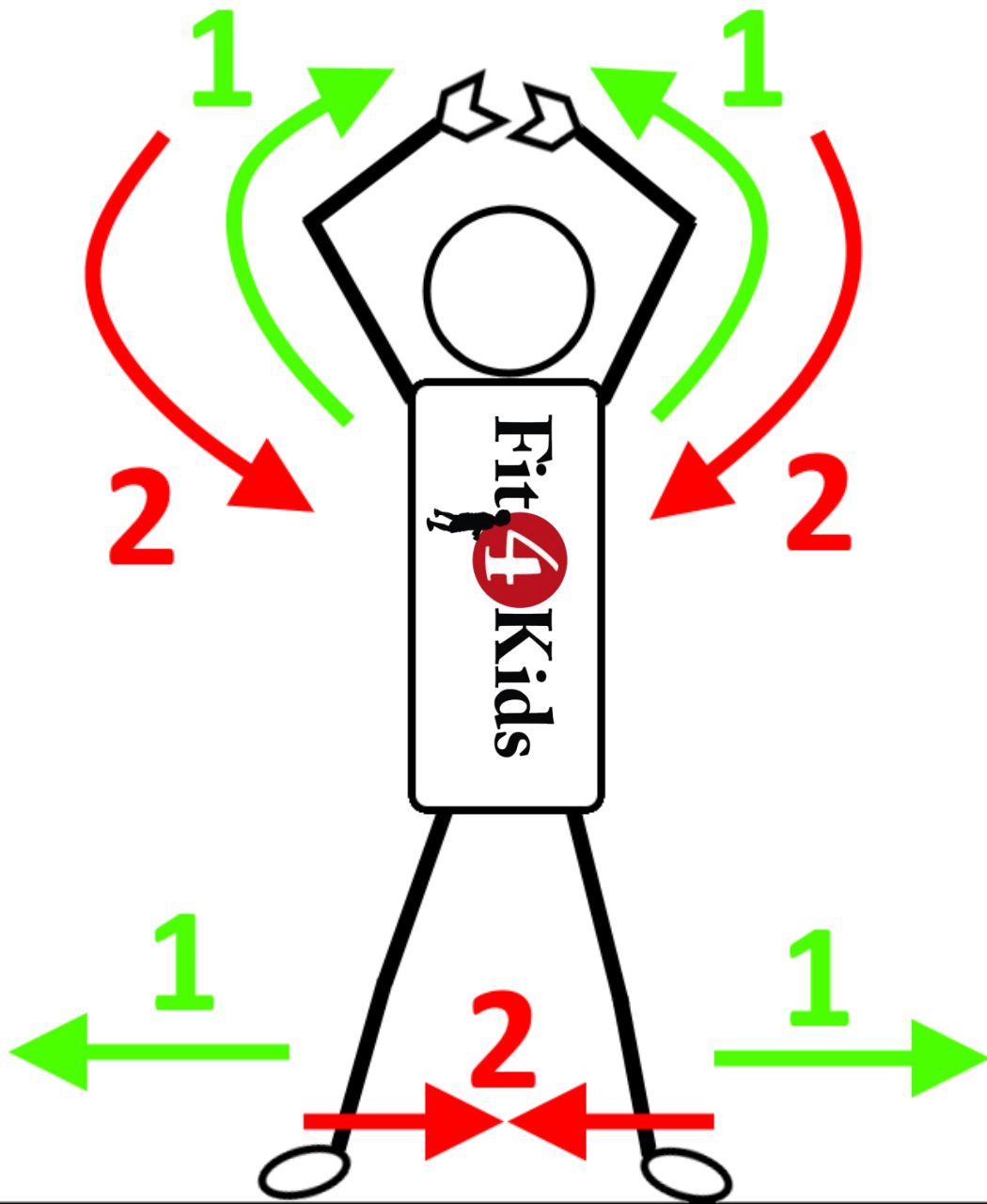
Fit **4** Kids



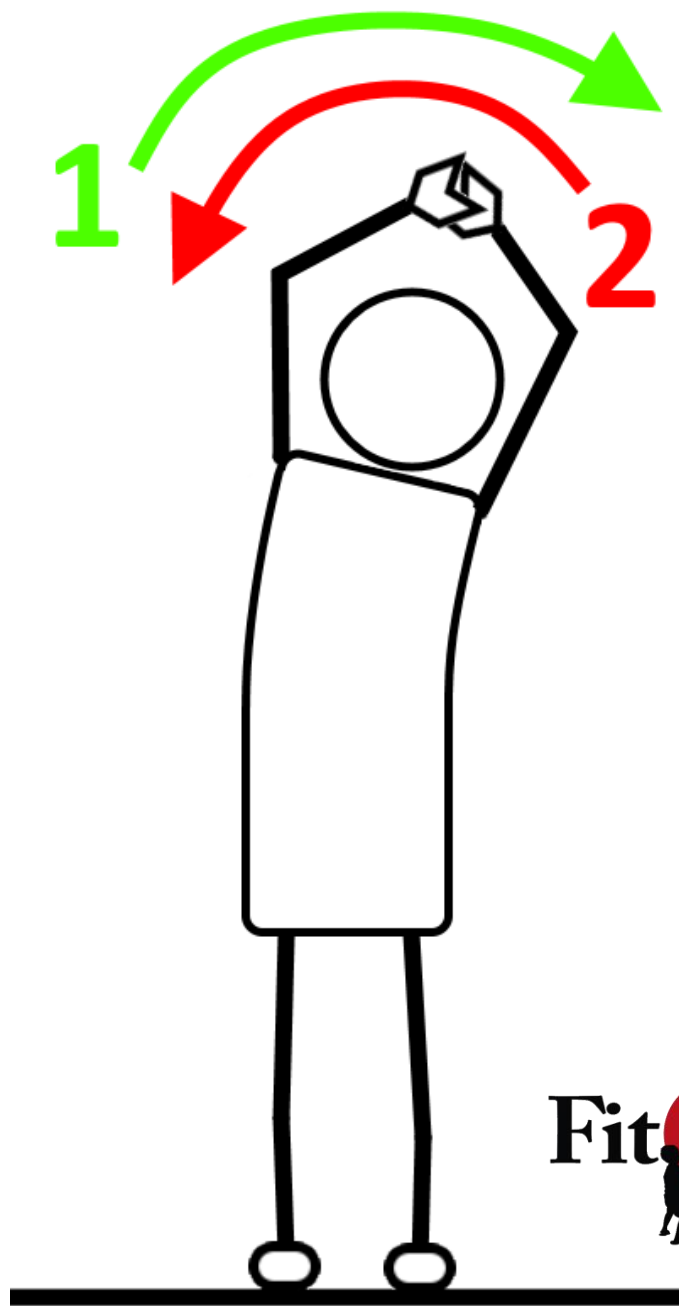
Cross Crawls



Arm Circles

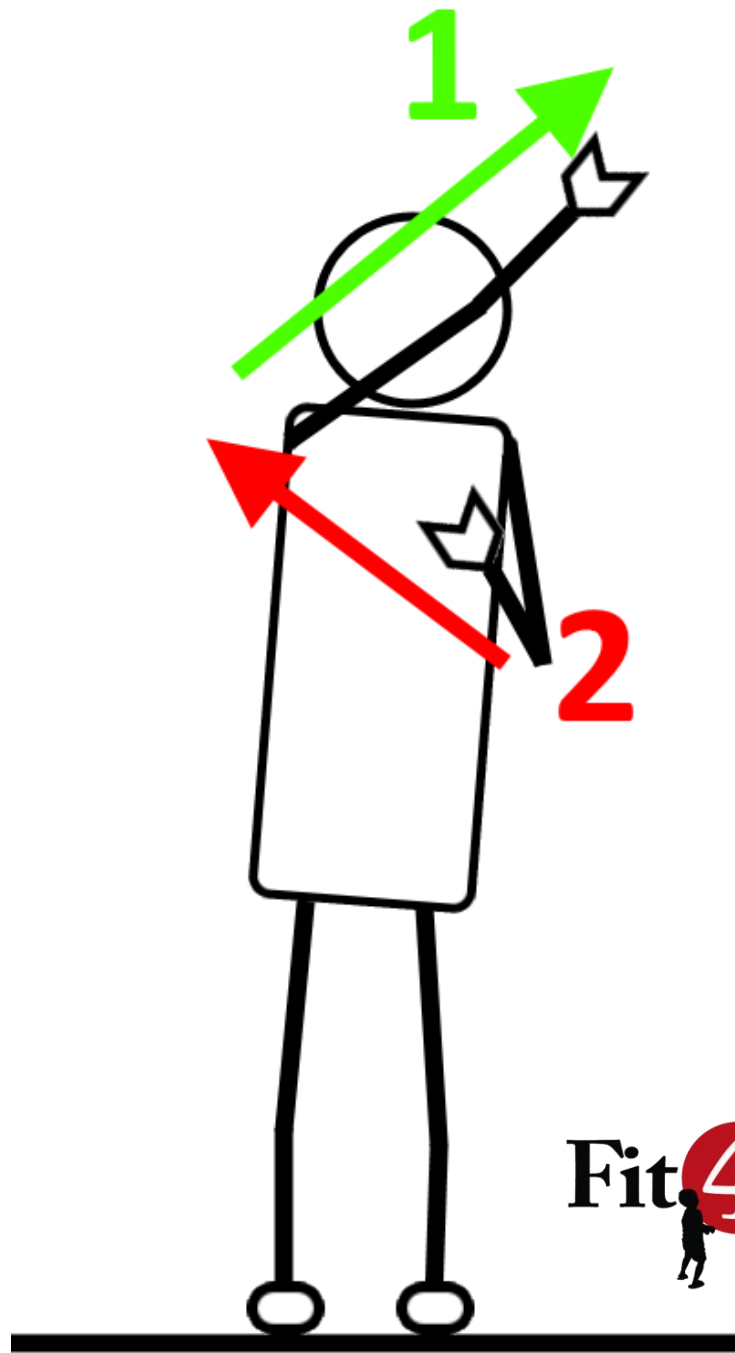


Jumping Jacks



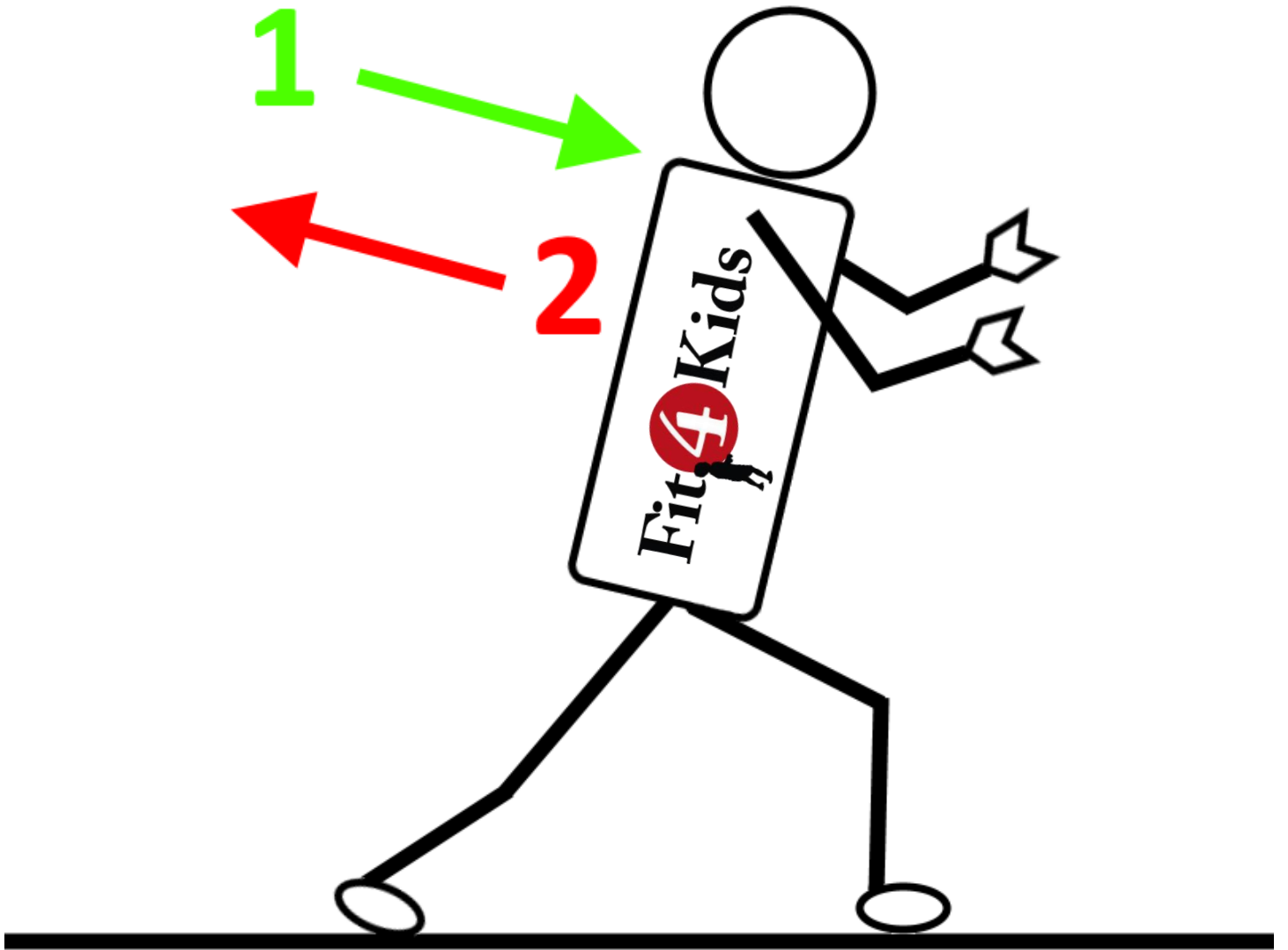
Fit  Kids

Side Bends

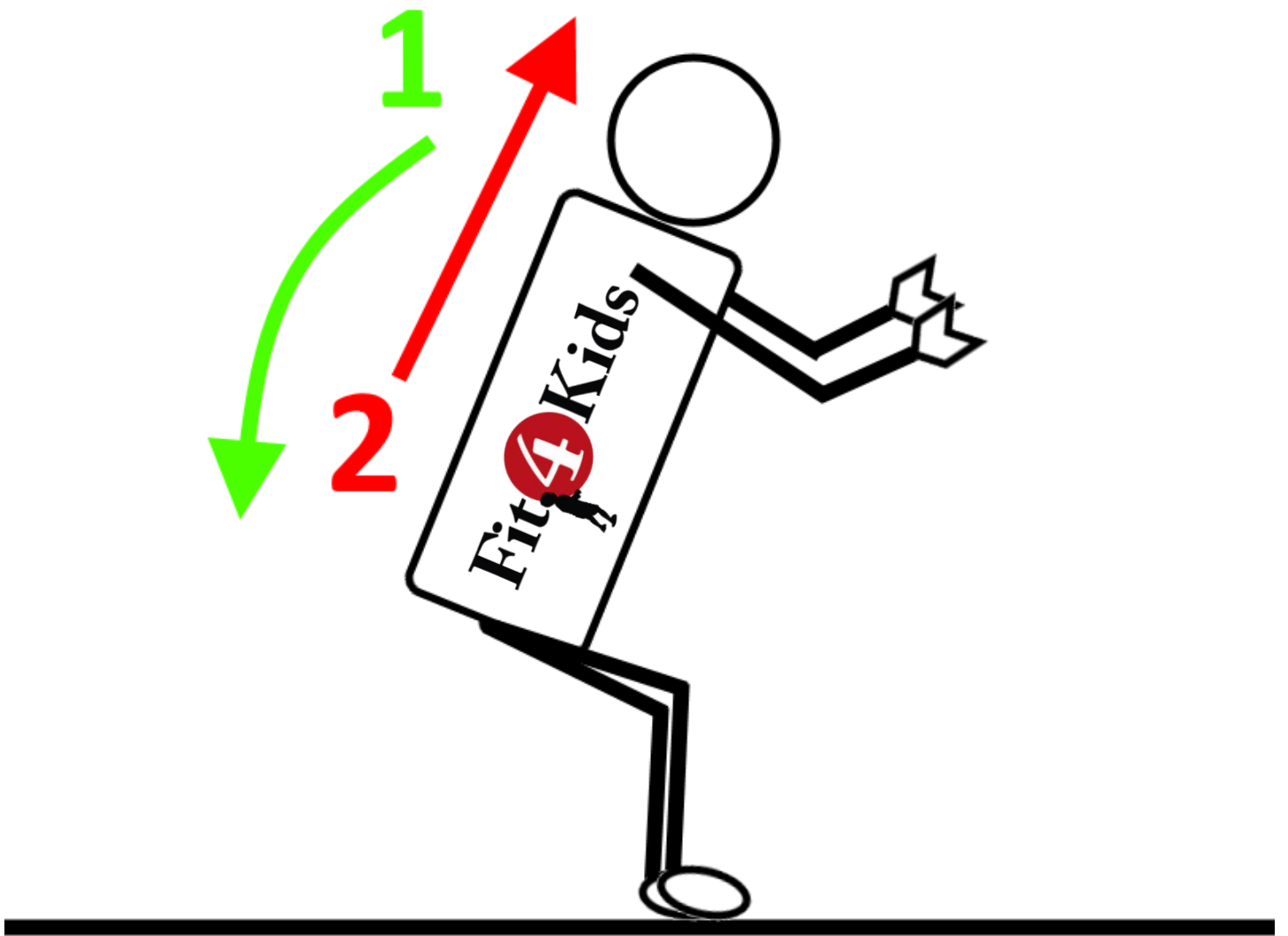


Fit **4** Kids

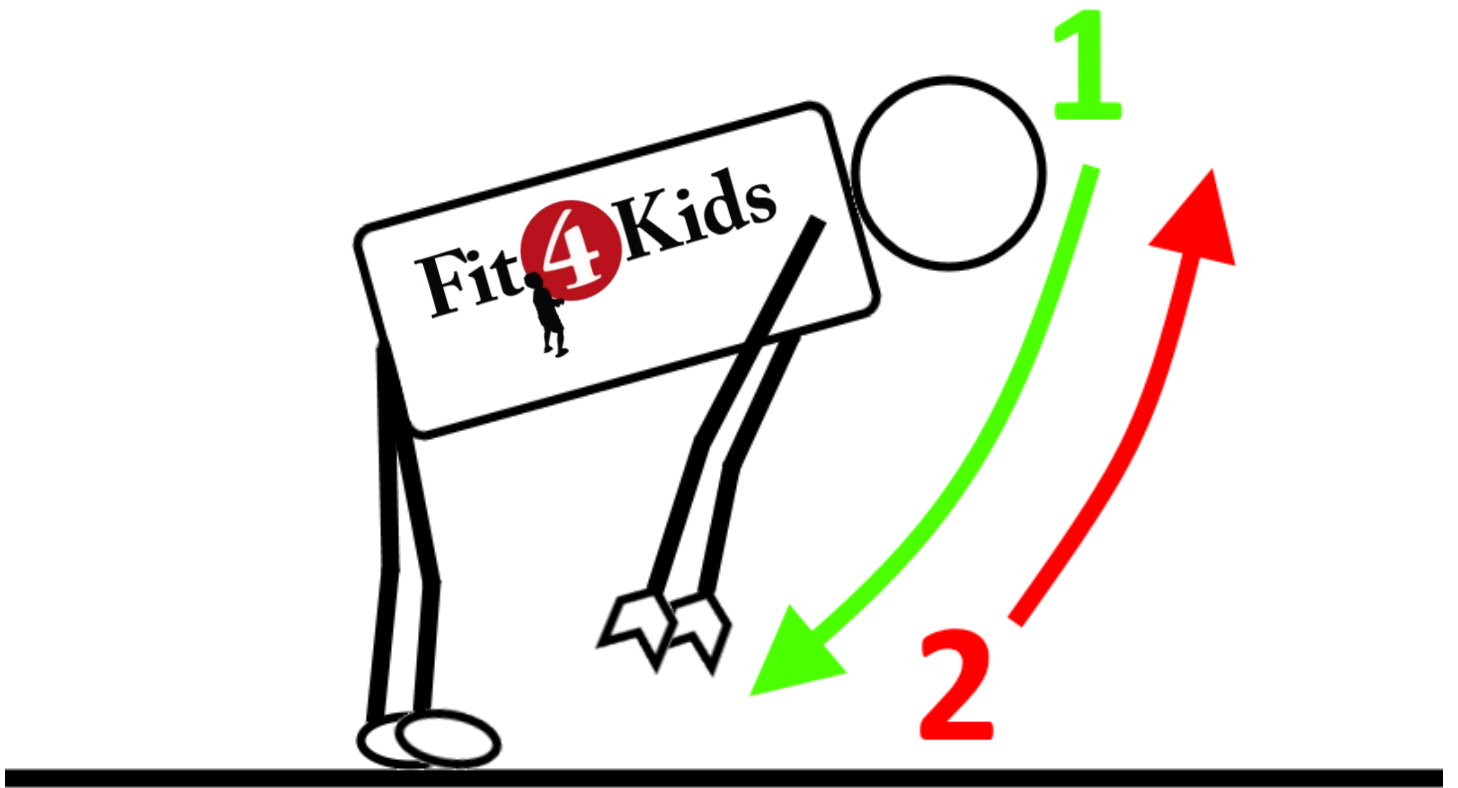
Sky Reaches



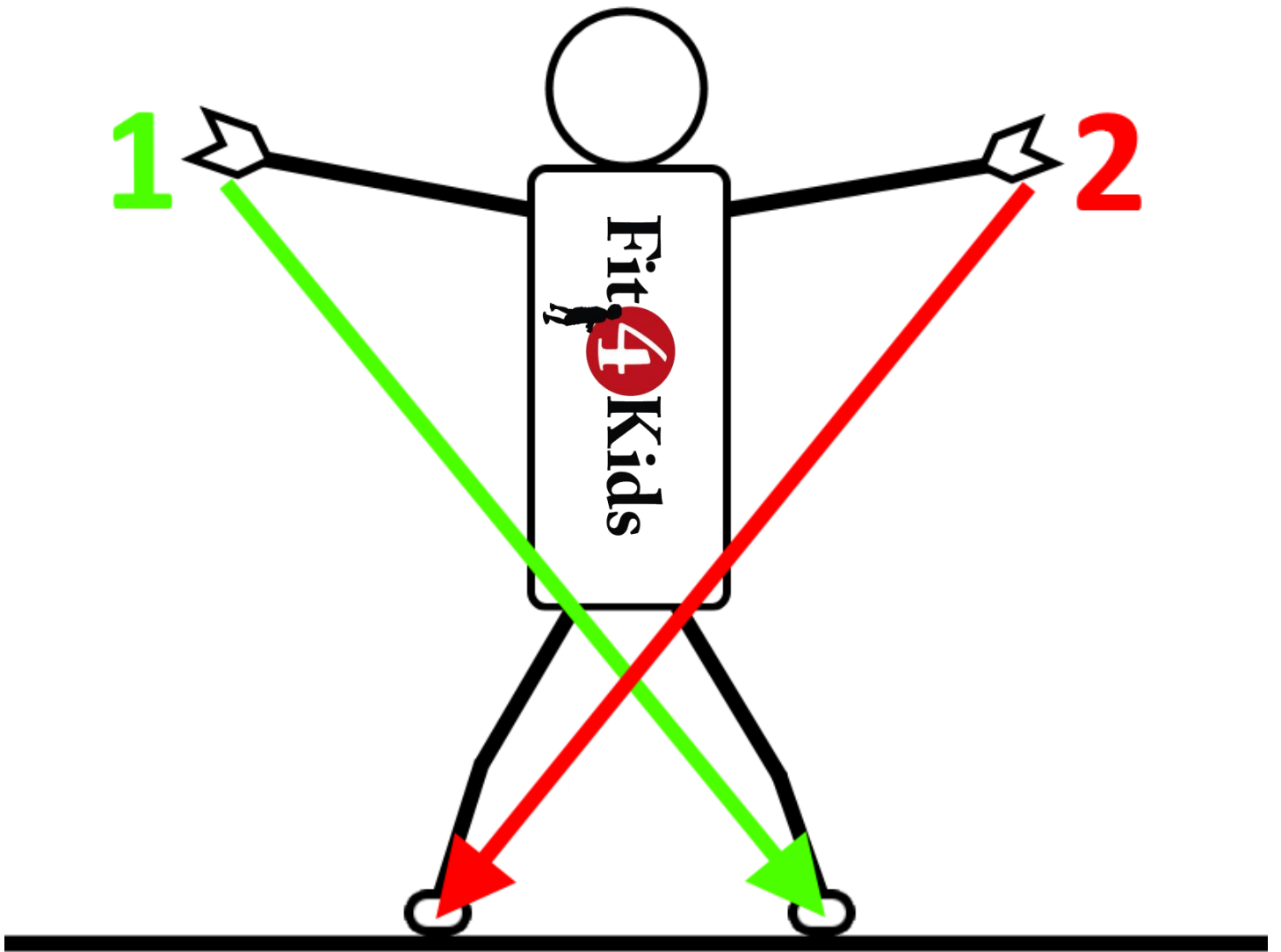
Lunges



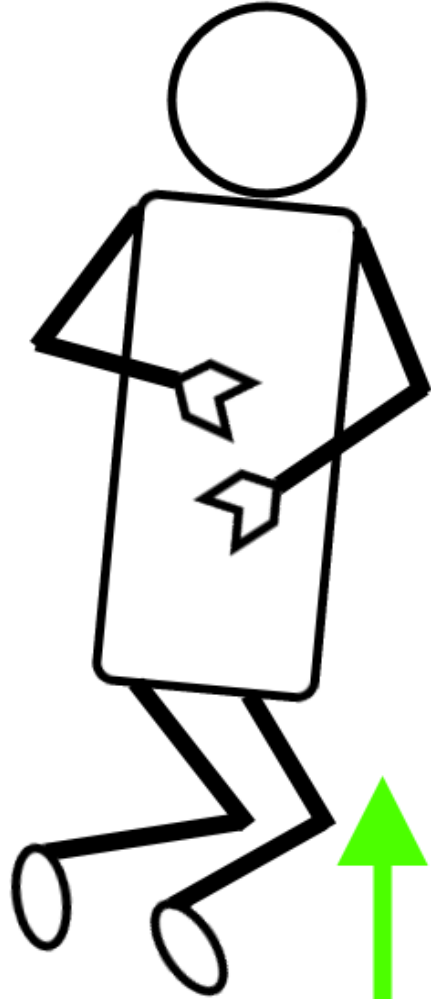
Squats



Toe Touches



Windmills

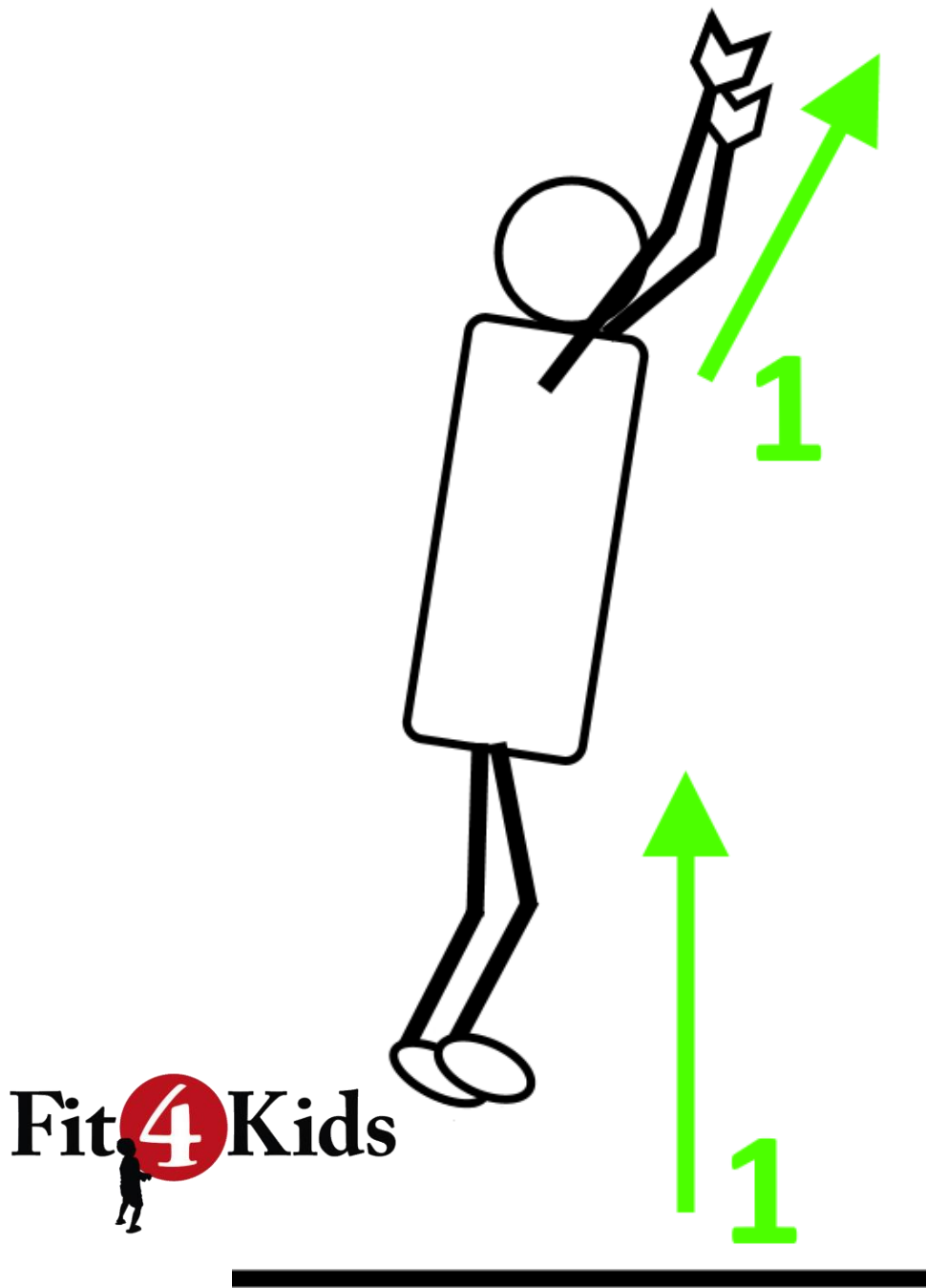


1

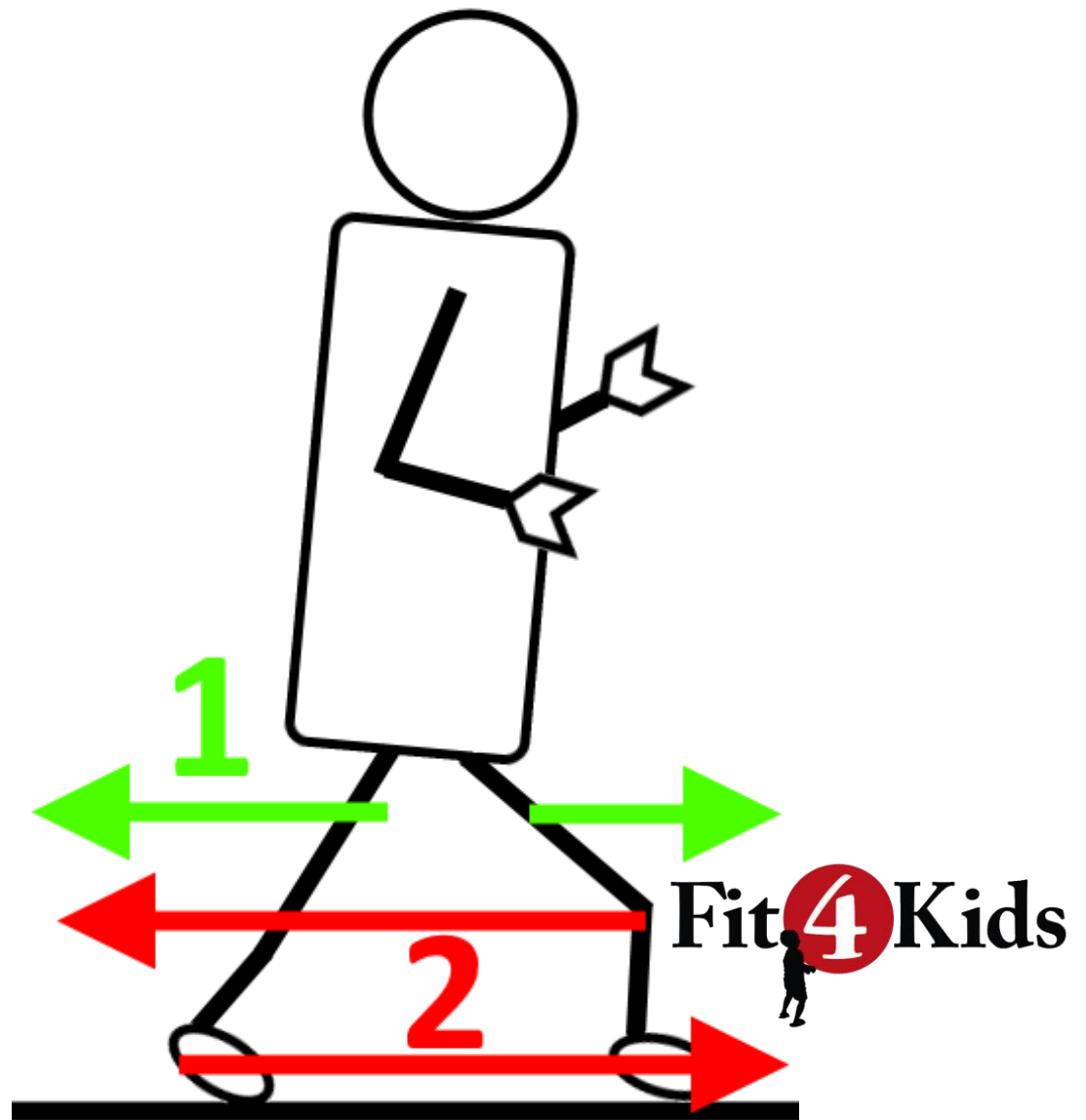
Fit **4** Kids



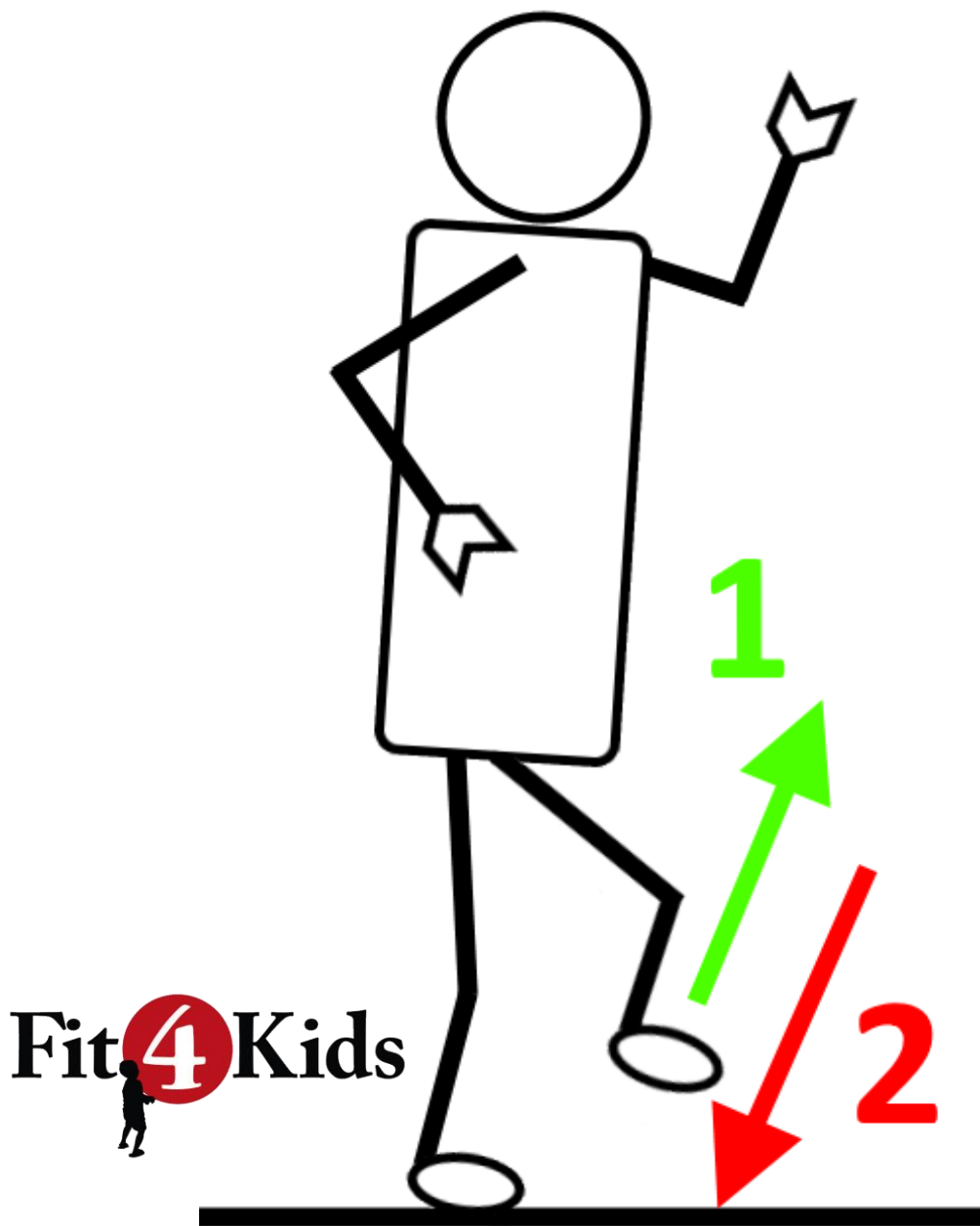
Jumps



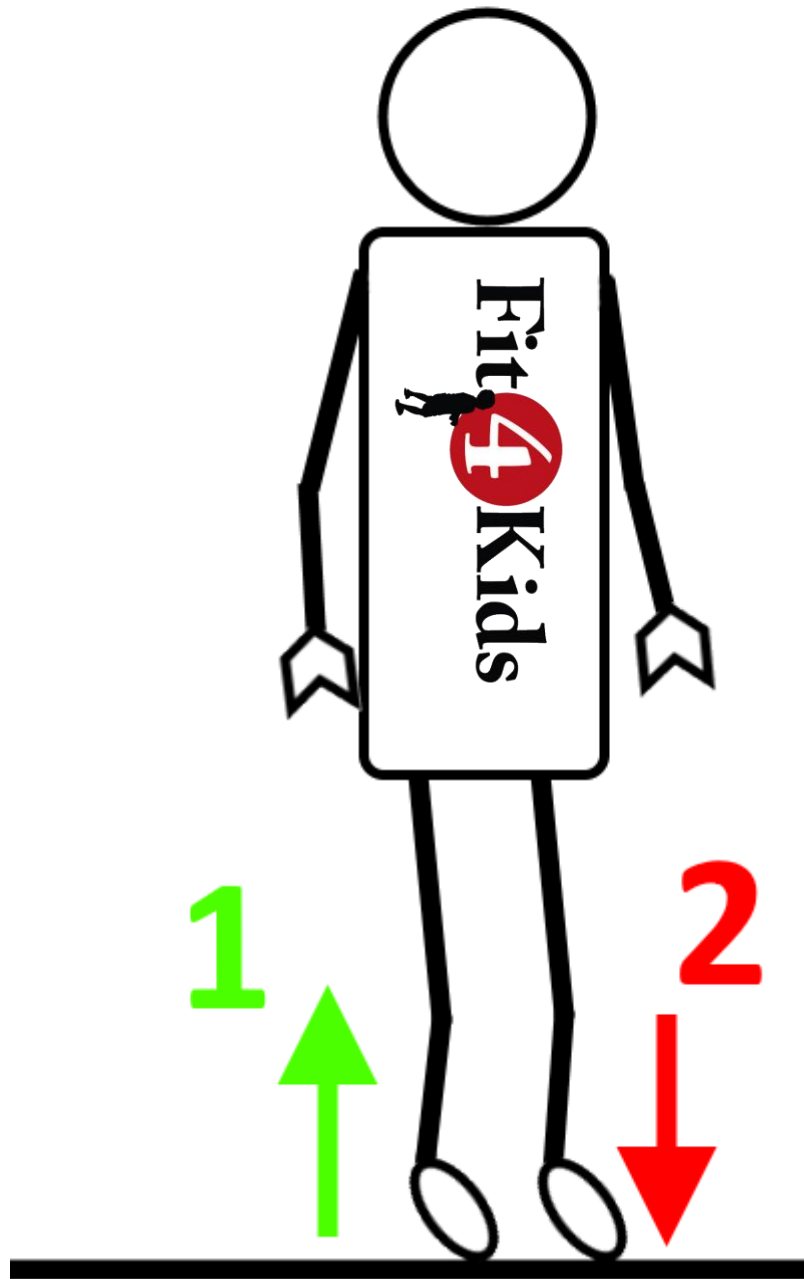
Jump Shots



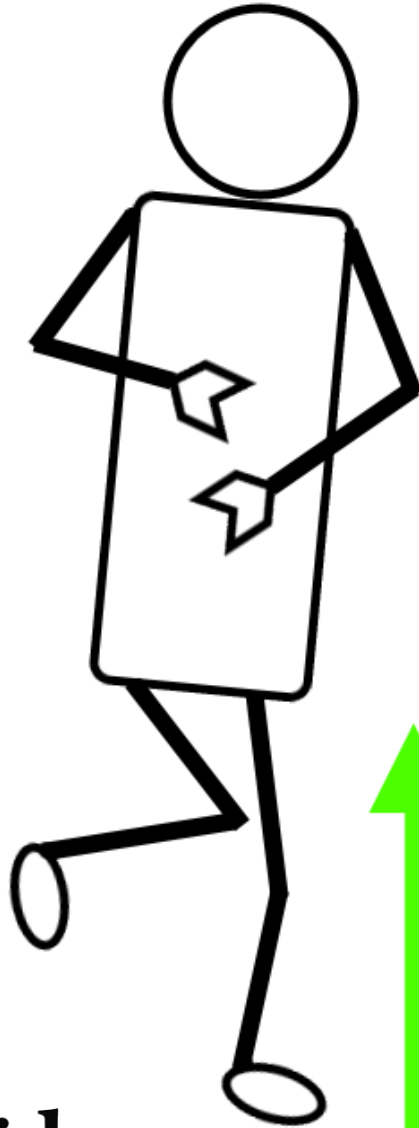
Scissor Kicks



Jog in Place



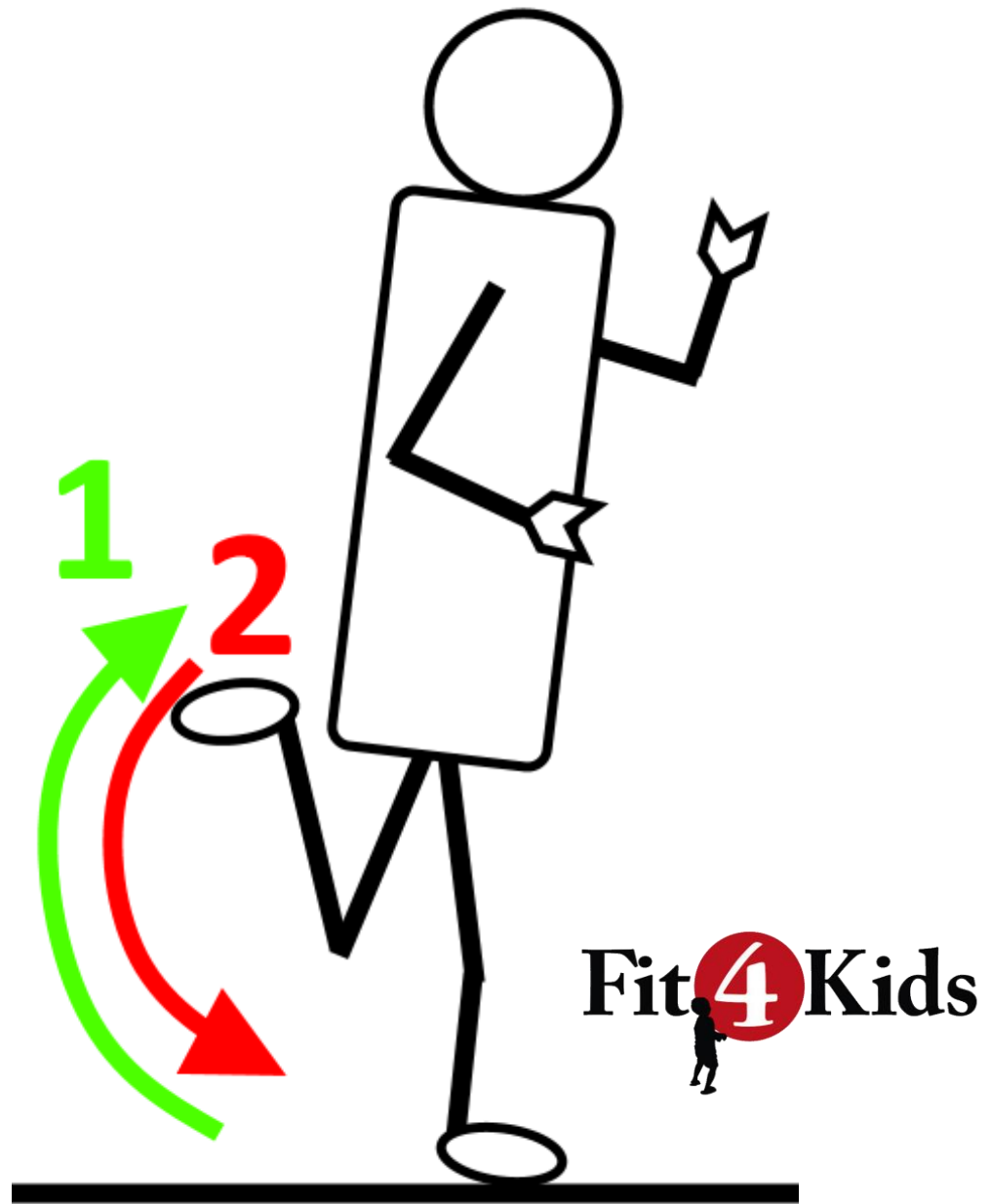
Heel Raises



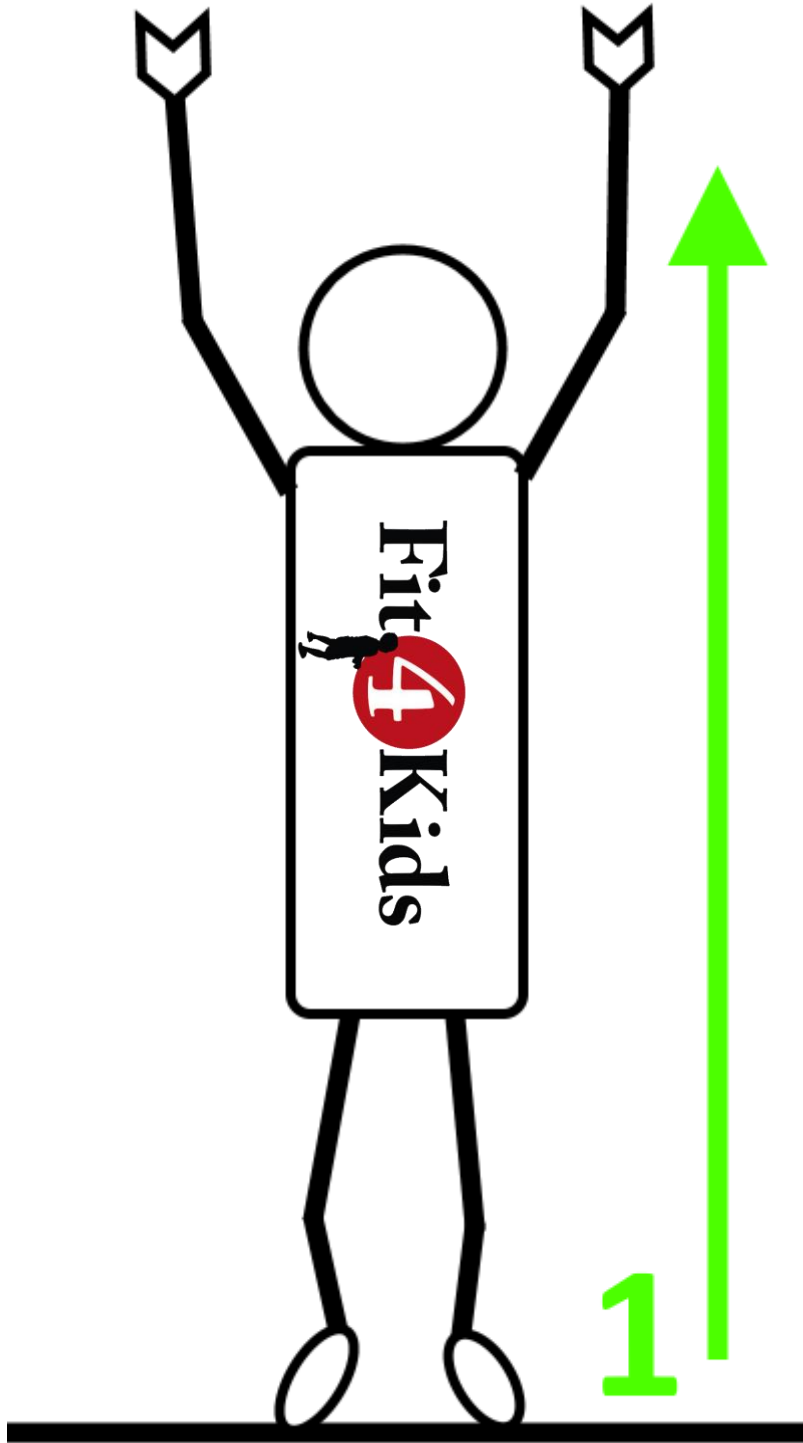
Fit **4** Kids



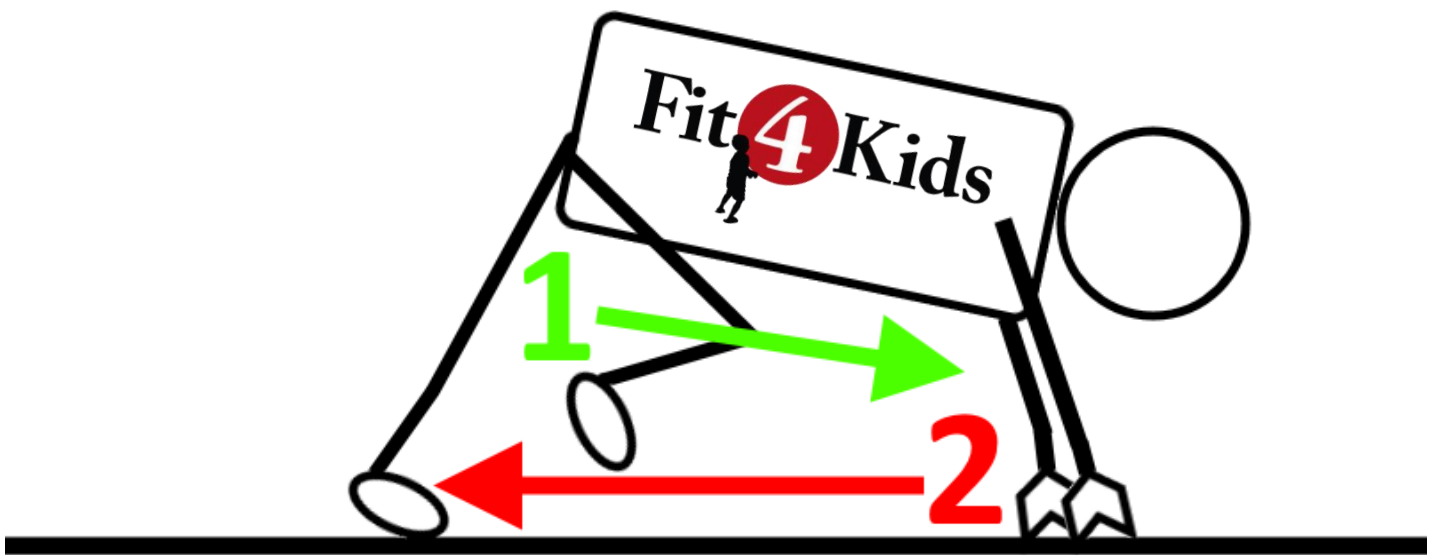
Hop on 1 Foot



Butt Kicks



Ceiling Stetch



Moutain Climbers



Pushups

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

words

words

words

words

words

words

words

A or **F**

B or **G**

C or **H**

D or **J**