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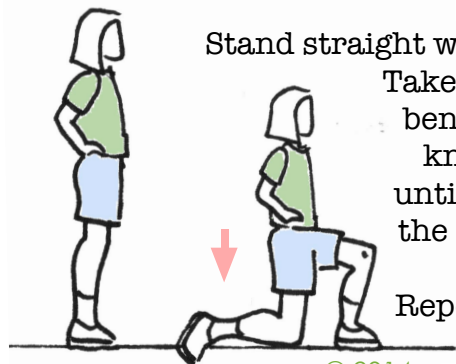


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FORWARD LUNGE:



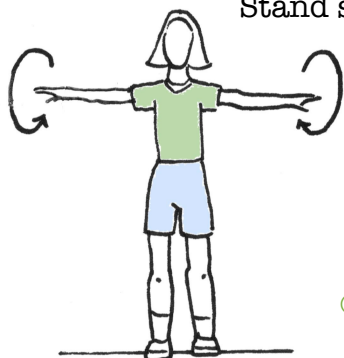
Stand straight with hands on hips. Take one step forward, bending and lowering knee on opposite leg until it nearly touches the ground. Return to starting position. Repeat with other leg.

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-RULES OF PLAY -

The first person in line draws a card, drops to his knees, and rolls the dice. The number he rolls is the number of reps everyone must do of the move on the card. Once that set has been completed, everyone stops, and the dice are passed to the next person in line, who chooses an exercise, drops to her knees, and rolls to see how many reps the whole group will do that time. Continue play until all the exercises have been done and/or all the kids have had a turn choosing moves and rolling dice. If you haven't any dice, do as many reps as the age of the child who drew the card.

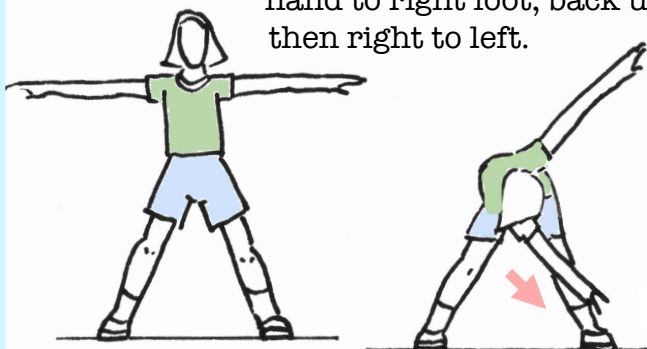
HELICOPTERS:



Stand straight with arms parallel to the ground. Trace tiny circles with your fingertips, then larger circles, first forward, then back. Repeat.

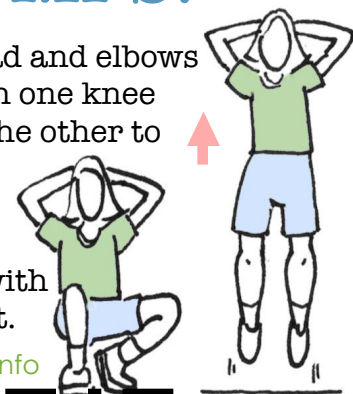
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WINDMILLS: With legs apart and arms out, bend at waist and touch toes, alternating left hand to right foot, back up, then right to left.



SQUAT JUMPS:

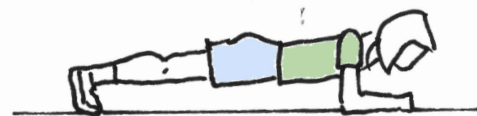
With hands behind head and elbows out, squat on heels with one knee pointing forward and the other to side. Leap straight up, land on toes, and immediately squat in starting position, but with knees reversed. Repeat.



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PRONE PLANK:

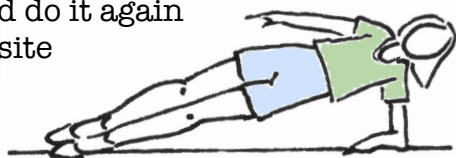
Rest on forearms and toes with face to floor and back and neck straight. Keep muscles tightened and hold position as long as you can.



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SIDE PLANK:

Facing side, rest on left forearm and foot with back and body straight and hips up off the ground. Hold the position as long as you can, then switch sides and do it again facing the opposite direction.



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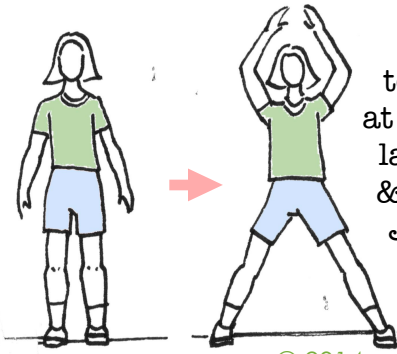
BUTTERFLIES:

Sit on floor with knees out and feet together and bounce knees gently toward the ground.



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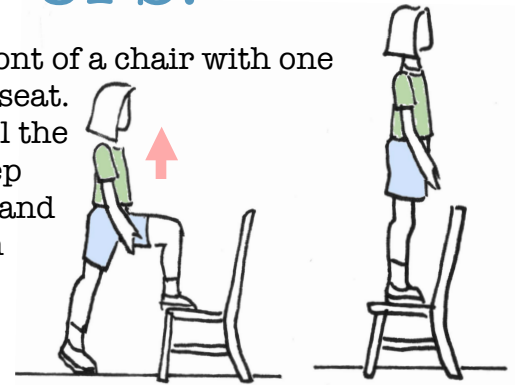
JUMPING JACKS:



Stand with feet together and hands at side. Jump up and land with feet apart & hands over head. Jump up again and land in starting position. Repeat.

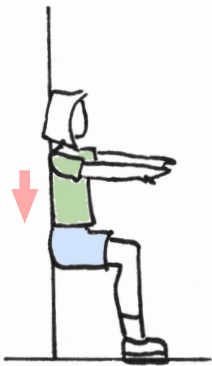
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STEP UPS:



Stand in front of a chair with one foot on the seat. Lift body all the way up. Step back down and repeat with other leg.

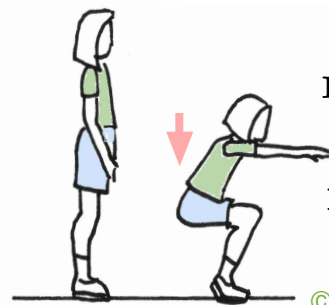
WALL SITTING:



Stand with back against the wall and arms stretched out in front of you, then bend knees, and inch down the wall until thighs are parallel to floor. Hold position.

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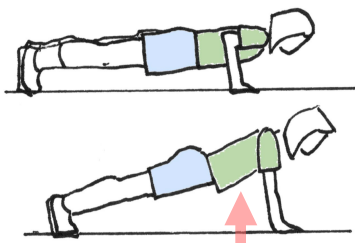
STANDING SQUATS:



Stand with feet slightly apart and hands at side. Raise arms in front of you while simultaneously crouching into a squat. Push back up to standing. Repeat.

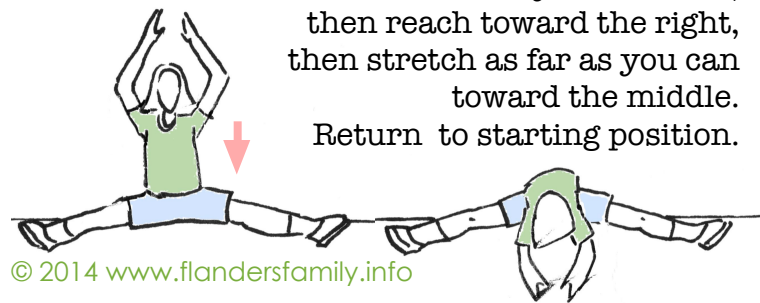
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PUSH UPS:



Balance on hands and toes with body parallel to the floor. Keeping your back straight, lift yourself up by extending elbows, then slowly lower yourself to starting position. Repeat.

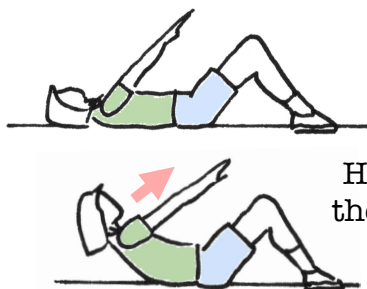
SITTING STRETCH:



Sit with legs extended and apart. Reach both hands toward your left foot, then reach toward the right, then stretch as far as you can toward the middle. Return to starting position.

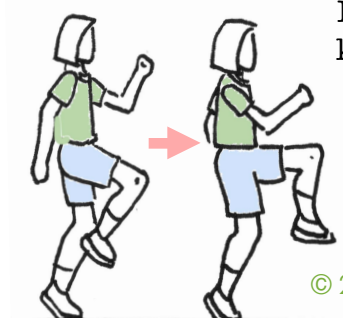
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CRUNCHES:



Lie down with knees bent and feet on the floor. Raise body until head and shoulders are off the ground. Hold for a few seconds, then relax into starting position. Repeat.

HIGH KNEES RUN:



Run in place, lifting your knees as high as possible as you go.

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