

Skipping

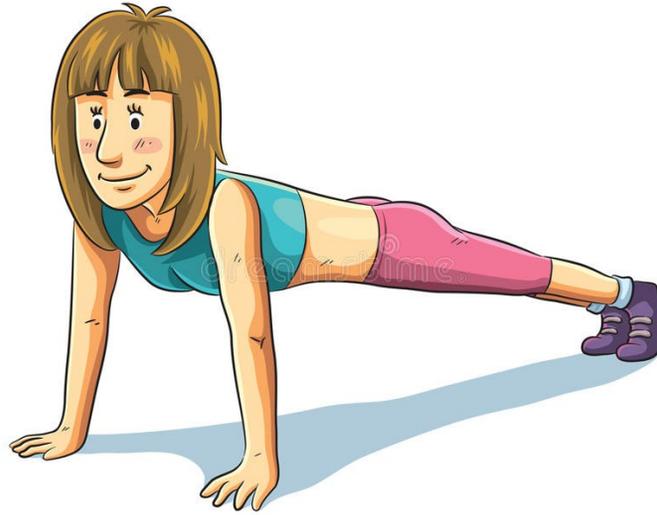


Front & back Jumps

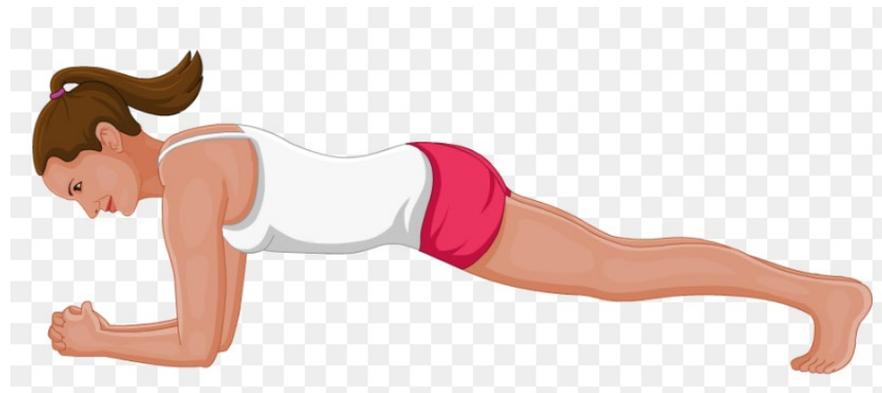


Face the wall
Jump forward
Jump back ward
Jump over the line each time

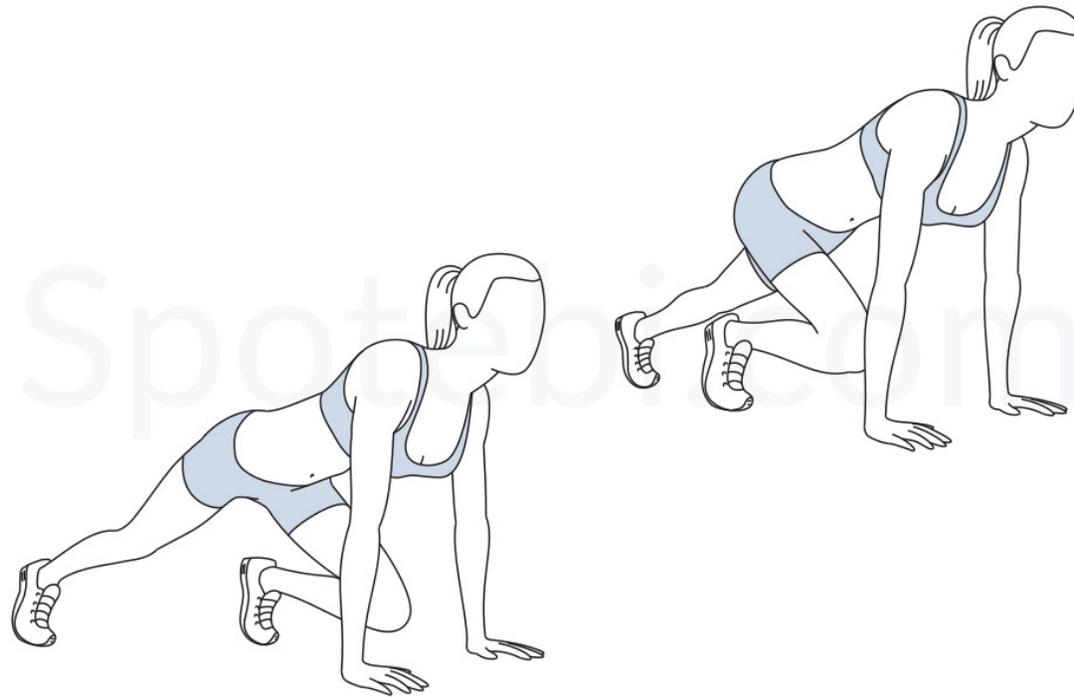
Plank



Or...



Mountain Climbers



Mini Trampoline



Ten bounces, then switch

Pogo Jumps



Spring from toes and feet, legs stay straight

Bench Hops



BENCH HOPS

Work your way along the bench

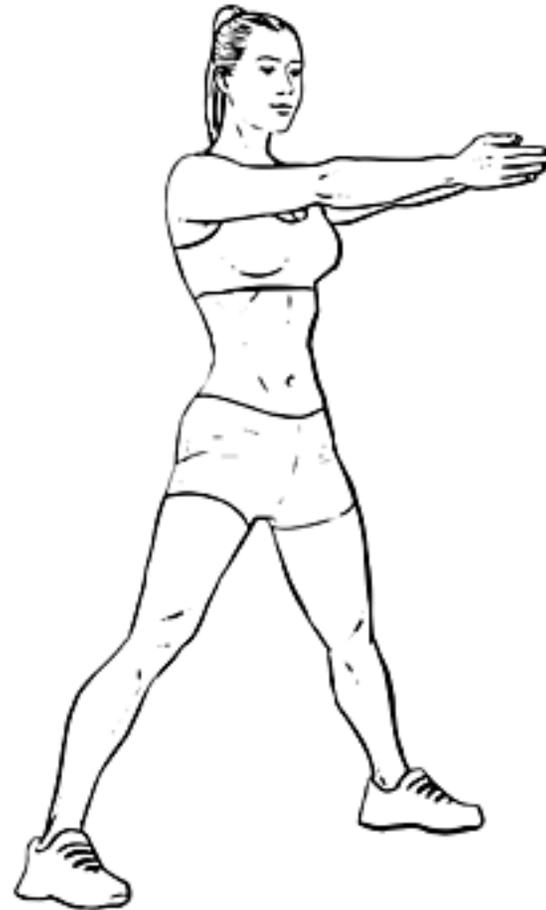
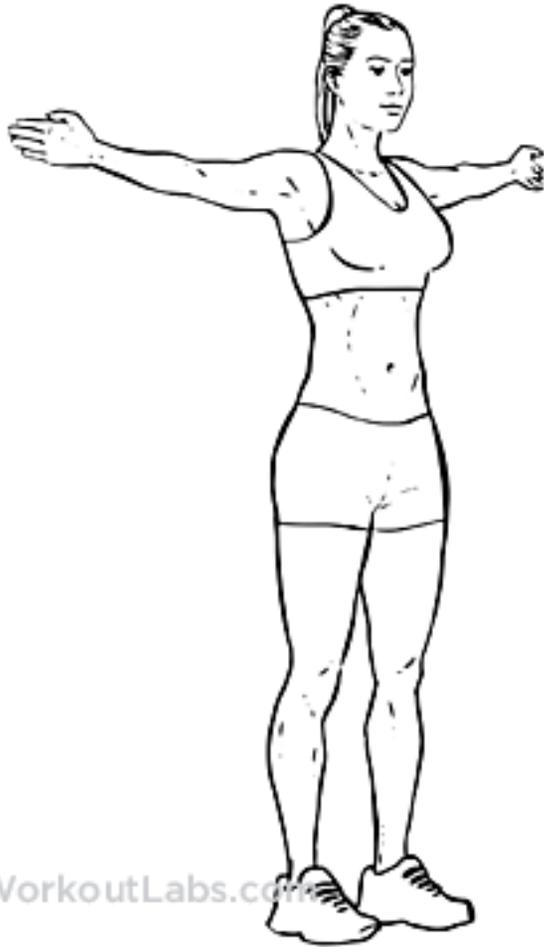
Hula Hoop!



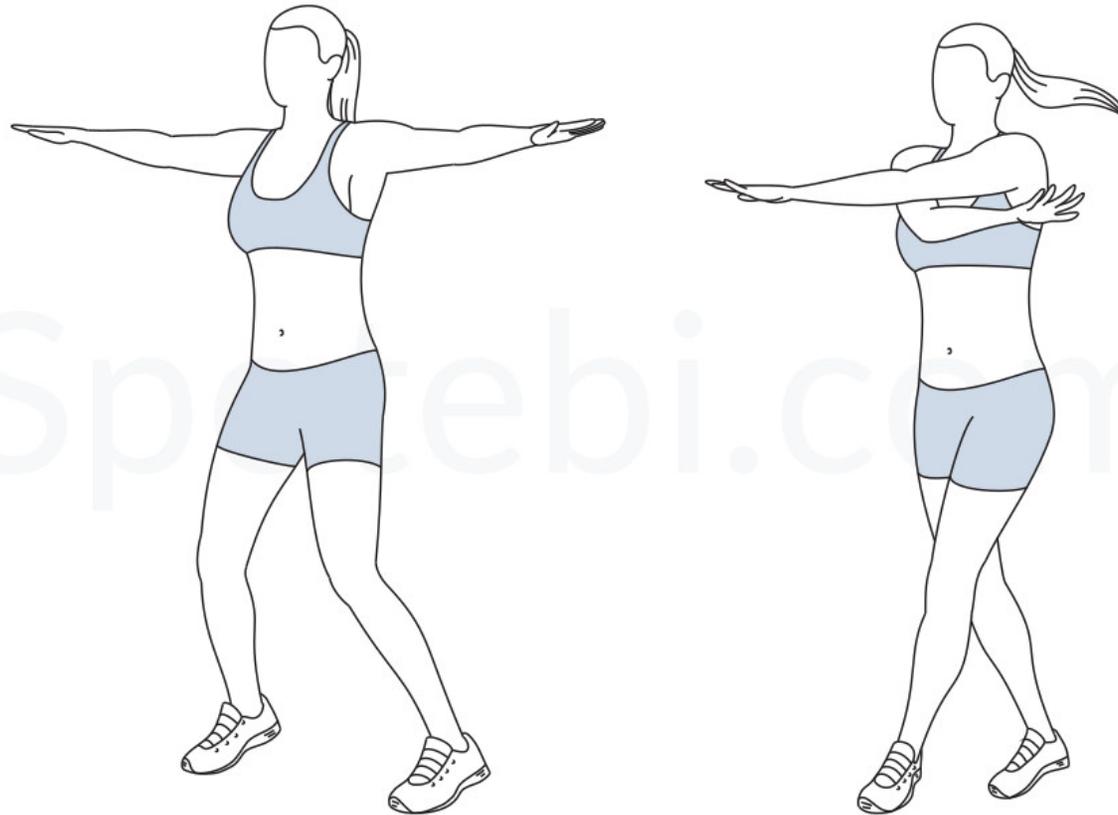
Skier Jacks



Seal Jacks



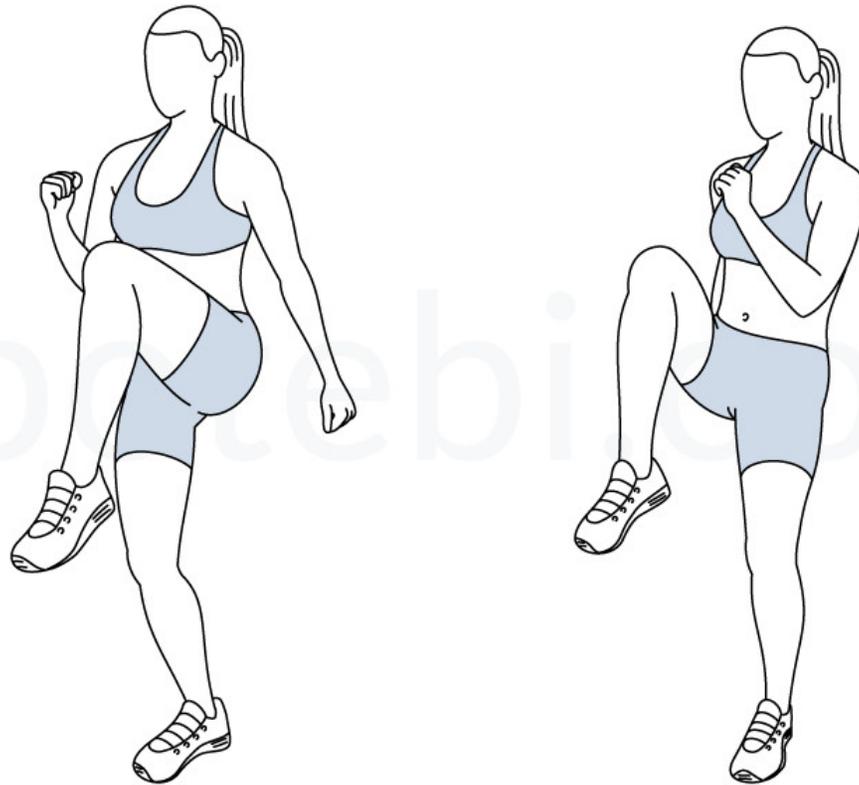
Cross Jacks



Split Jumps

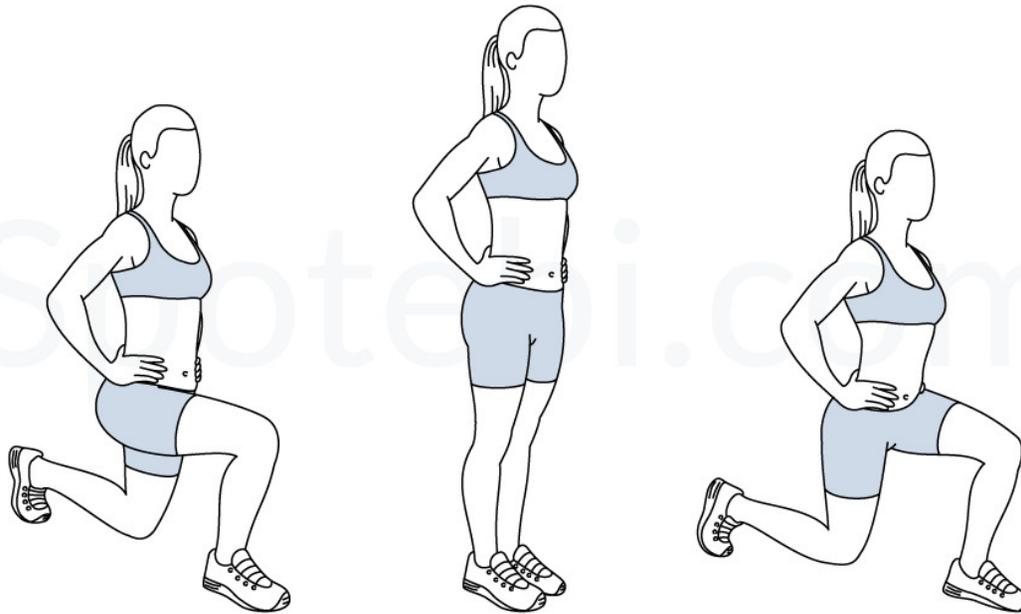


High Knees



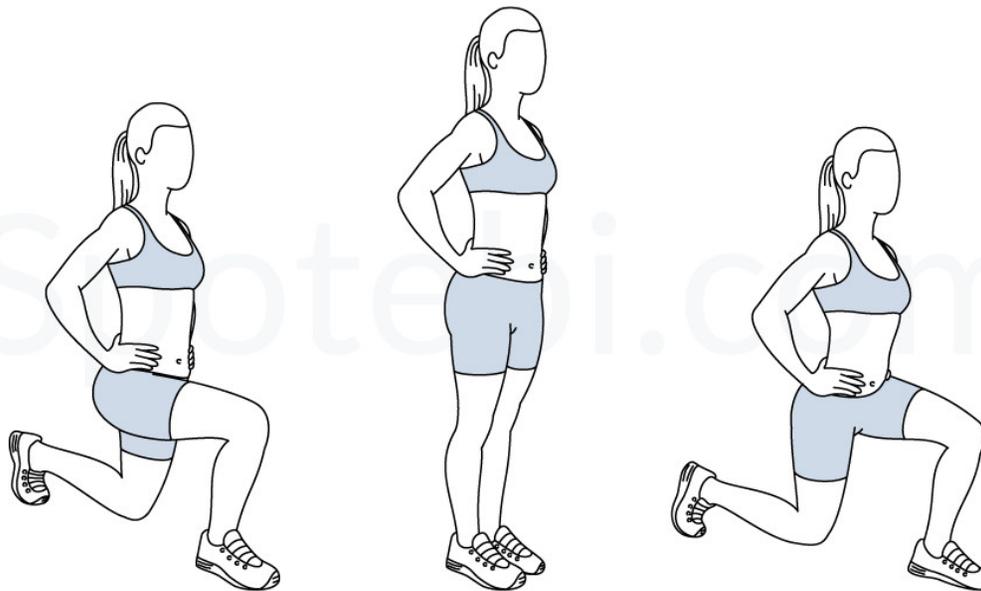
Forward Lunges

(Step Forward)



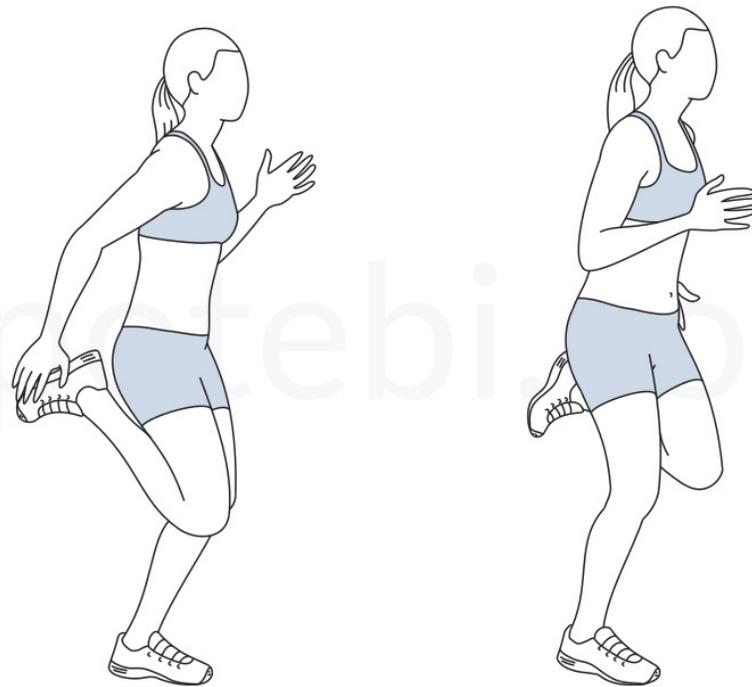
Reverse Lunges

(Step backward)

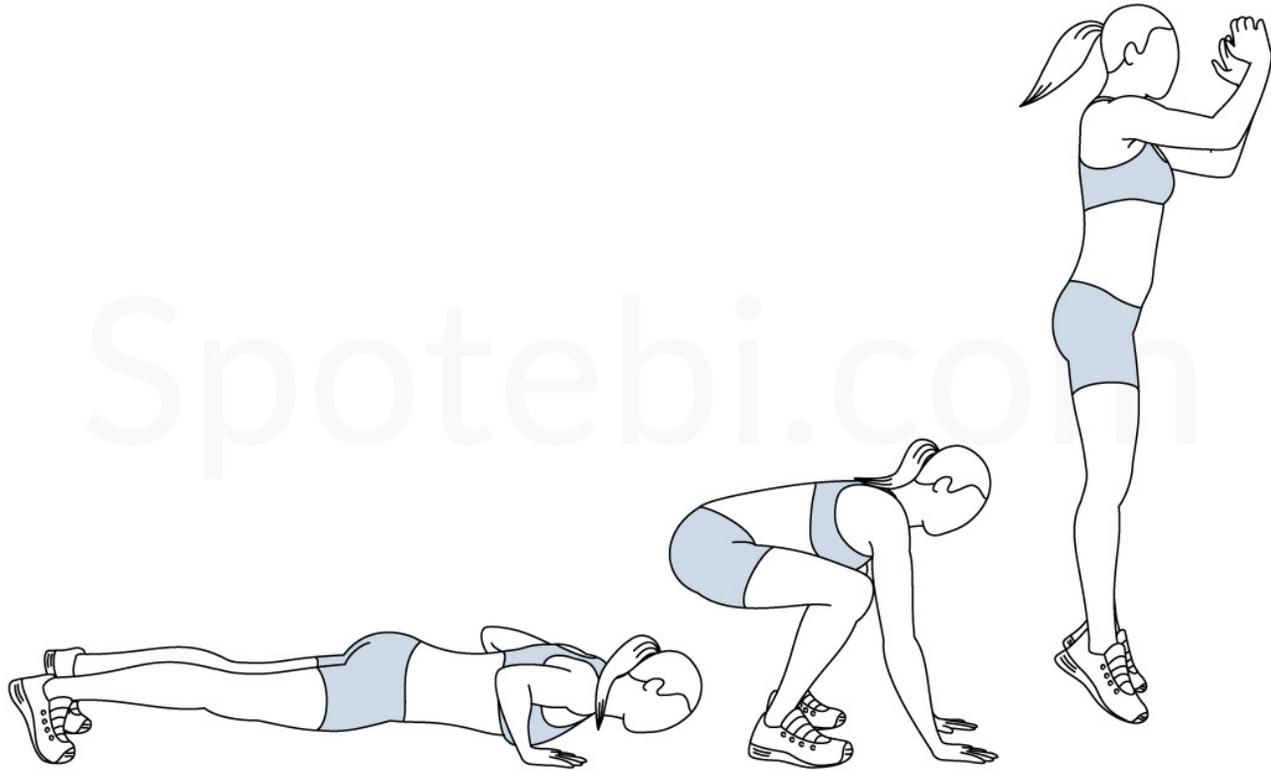


Butt Kicks

(stay in place)

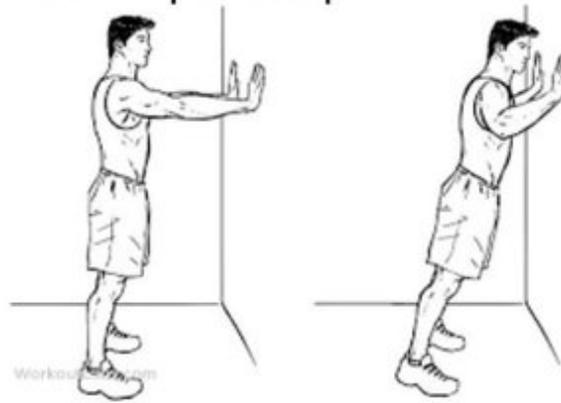


Burpees



Push ups

1. Wall push up



2. Incline Push ups



3. Knee push up



4. Push up

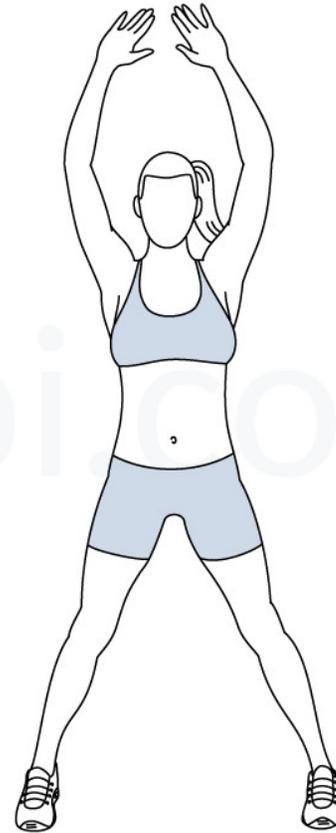
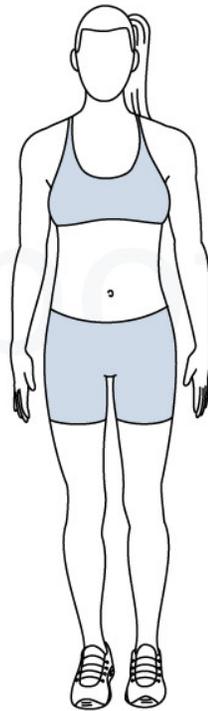


Squats



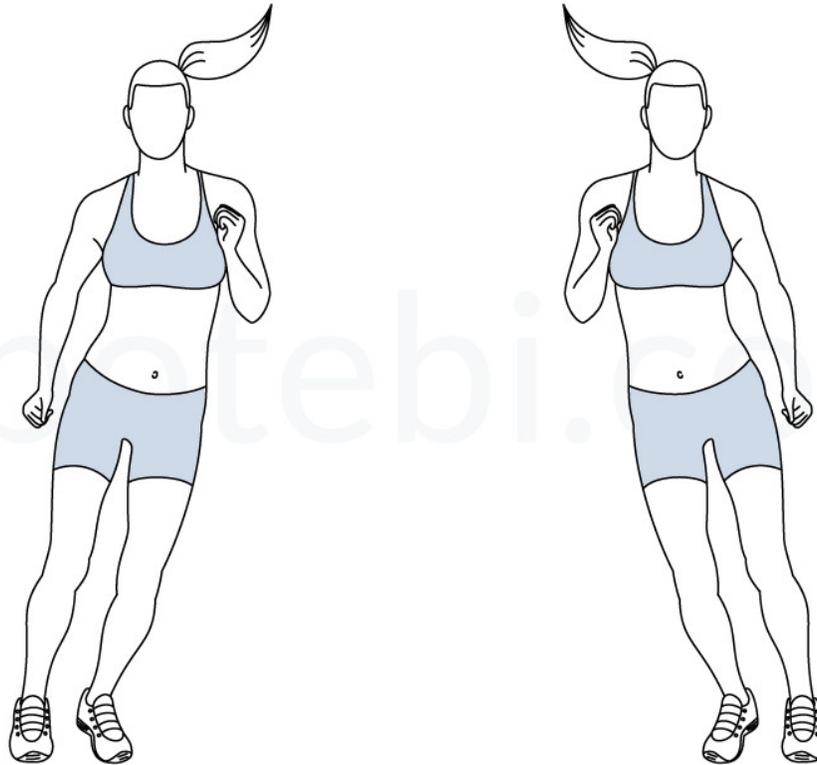
Spotebi.com

Jumping Jacks



Sportebi.com

Side-to-Side Jumps

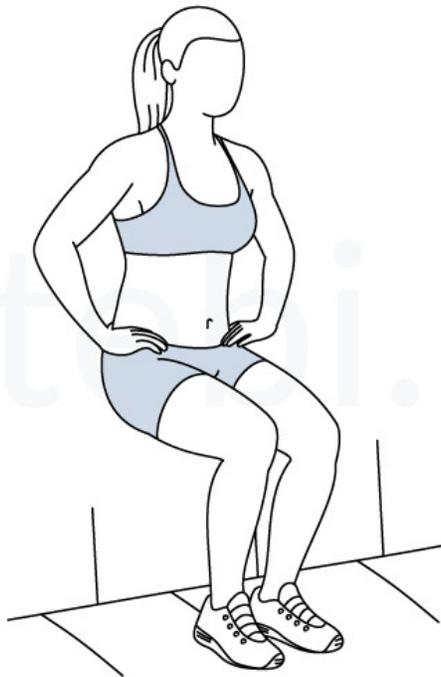


Sit ups

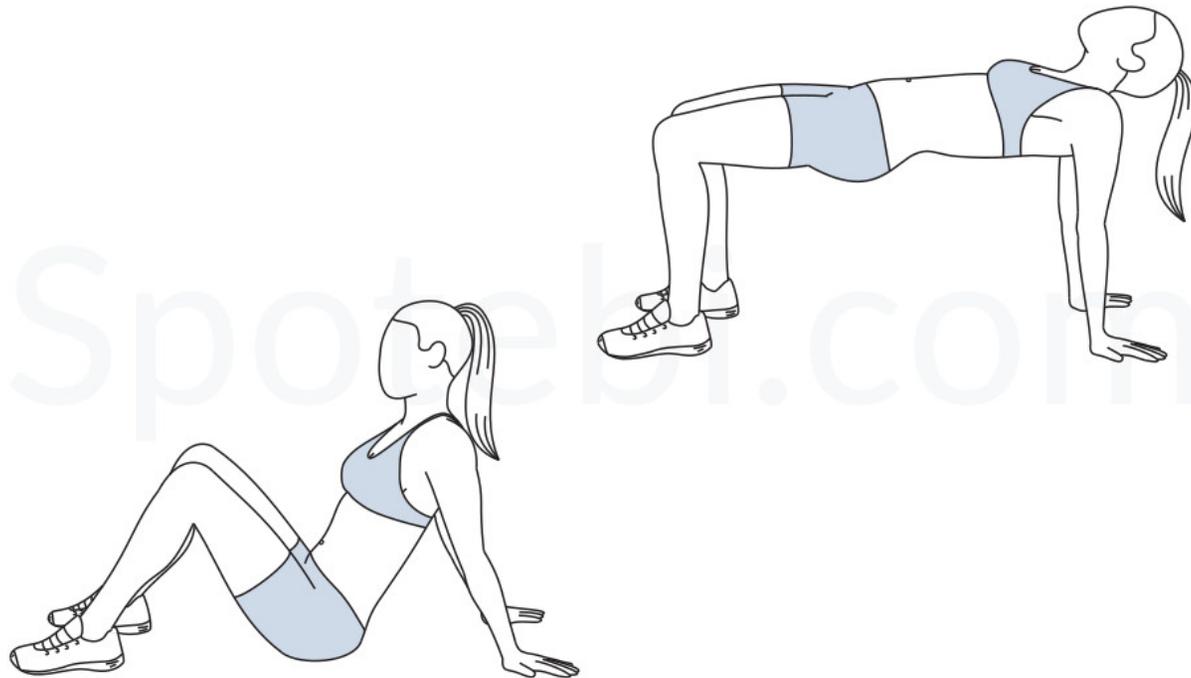


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Wall Sit



Bridge



Bench Step-ups

