

10 jumping jacks	Count to 10 while you hop in place
10 forward arm circles	Count to 10 while you hop side to side
10 backward arm circles	10 push-ups
10 sit-ups	10 backward leg lifts
10 leg lifts to the left	Count to 10 while you run with high knees
Count to 10 while you twist from side to side	10 squats

10 side to side bends	Count to 10 while you flap your arms like a bird
10 lunges switching legs	10 toe touches
10 steps walking like a duck	10 frog jumps
Count to 10 while you pretend to swim	10 steps doing Crab walk
10 forward leg lifts	10 leg lifts to the right
10 punches switching arms	Count to 10 while you hop leg to leg

