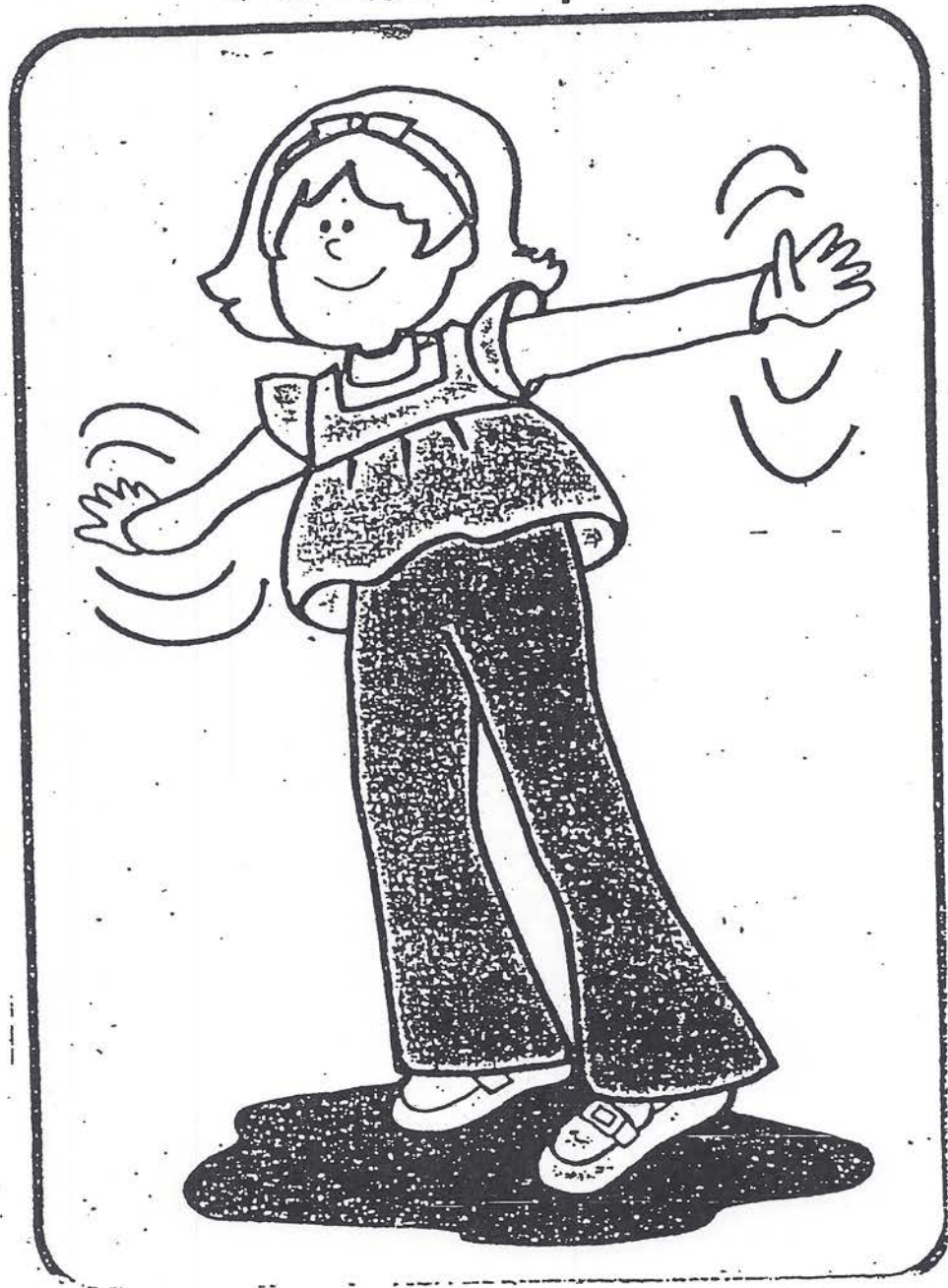
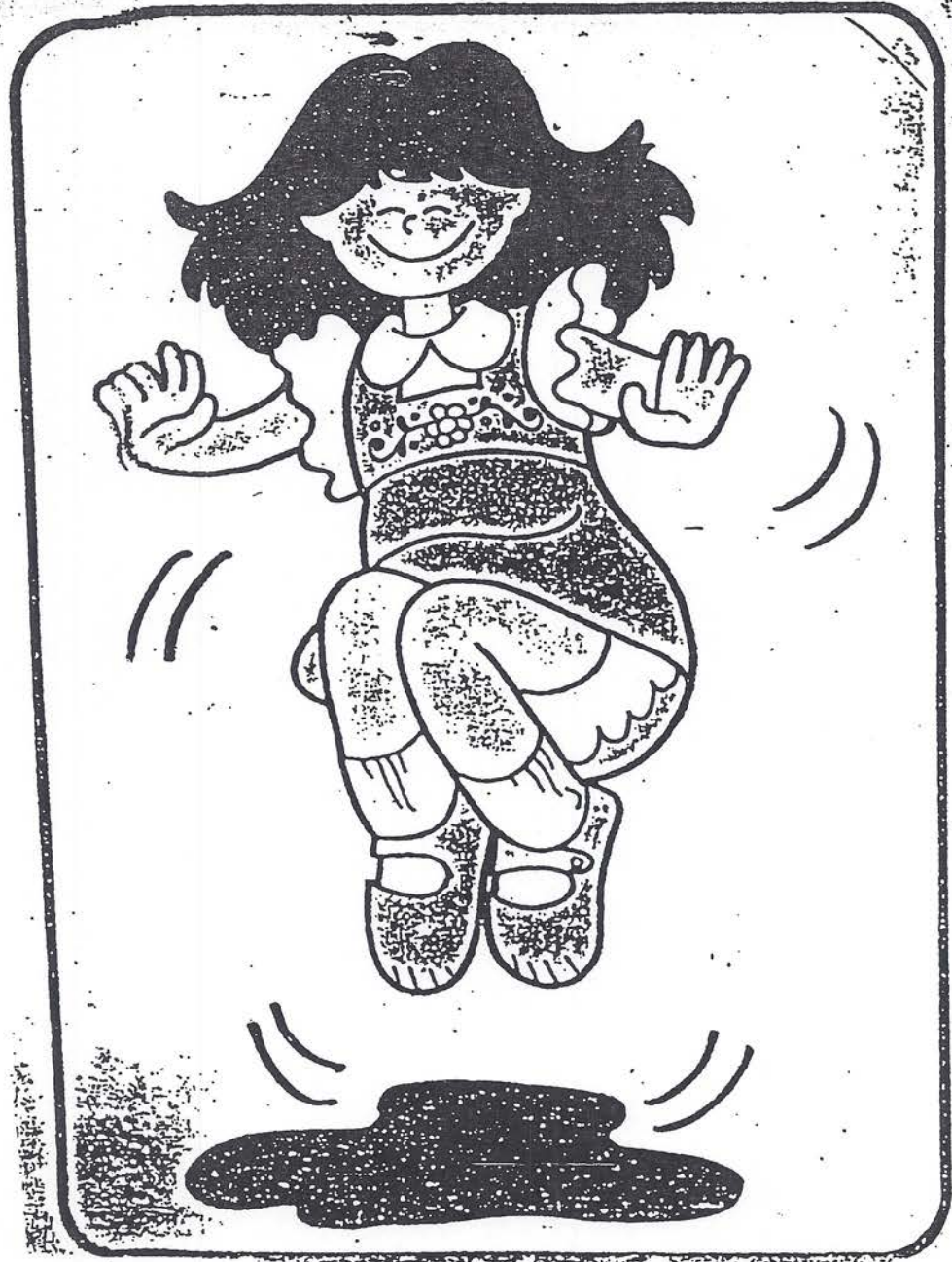


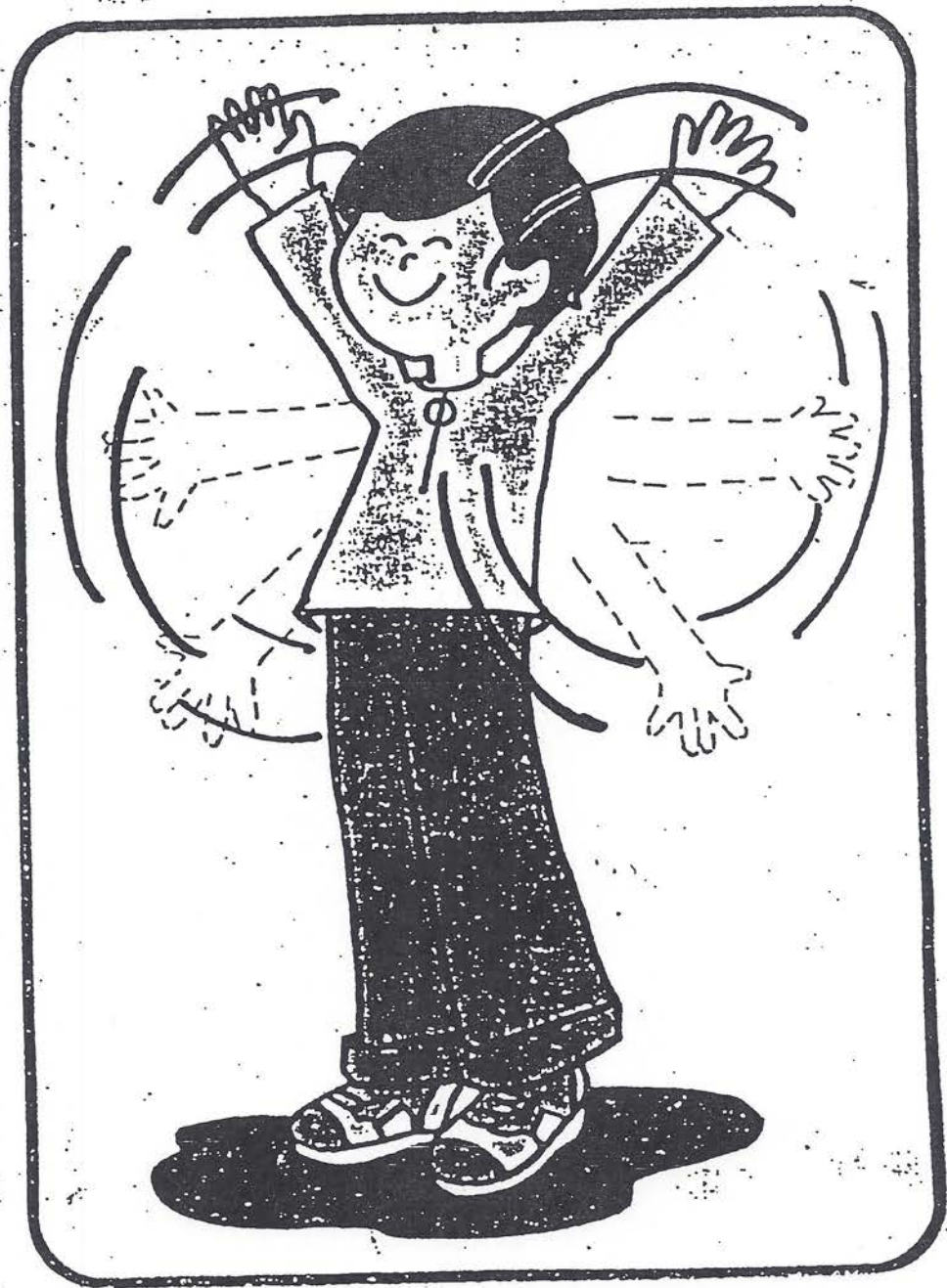
Arm circles



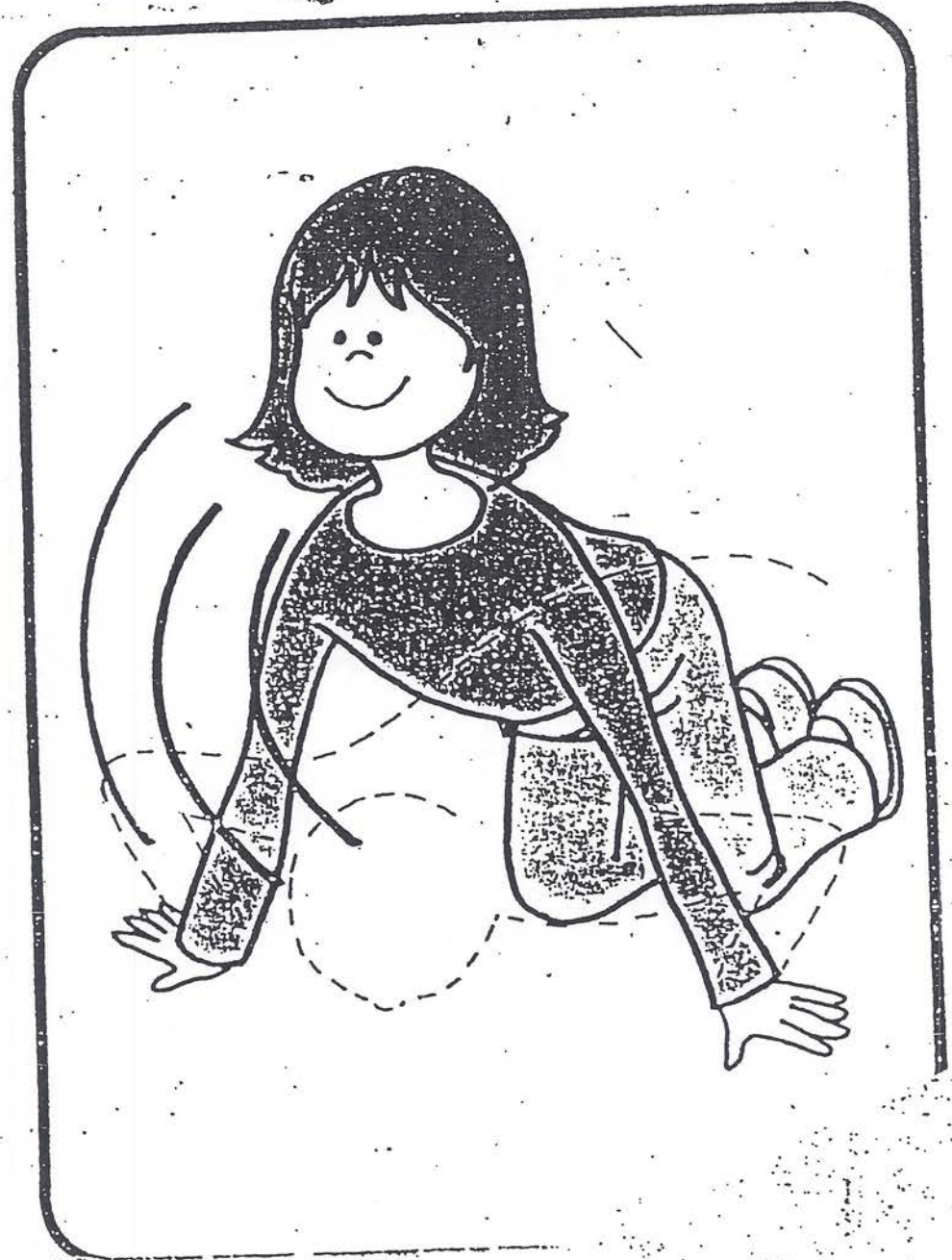
In-place jump



Windmills



Modified push-ups



Jumping jacks



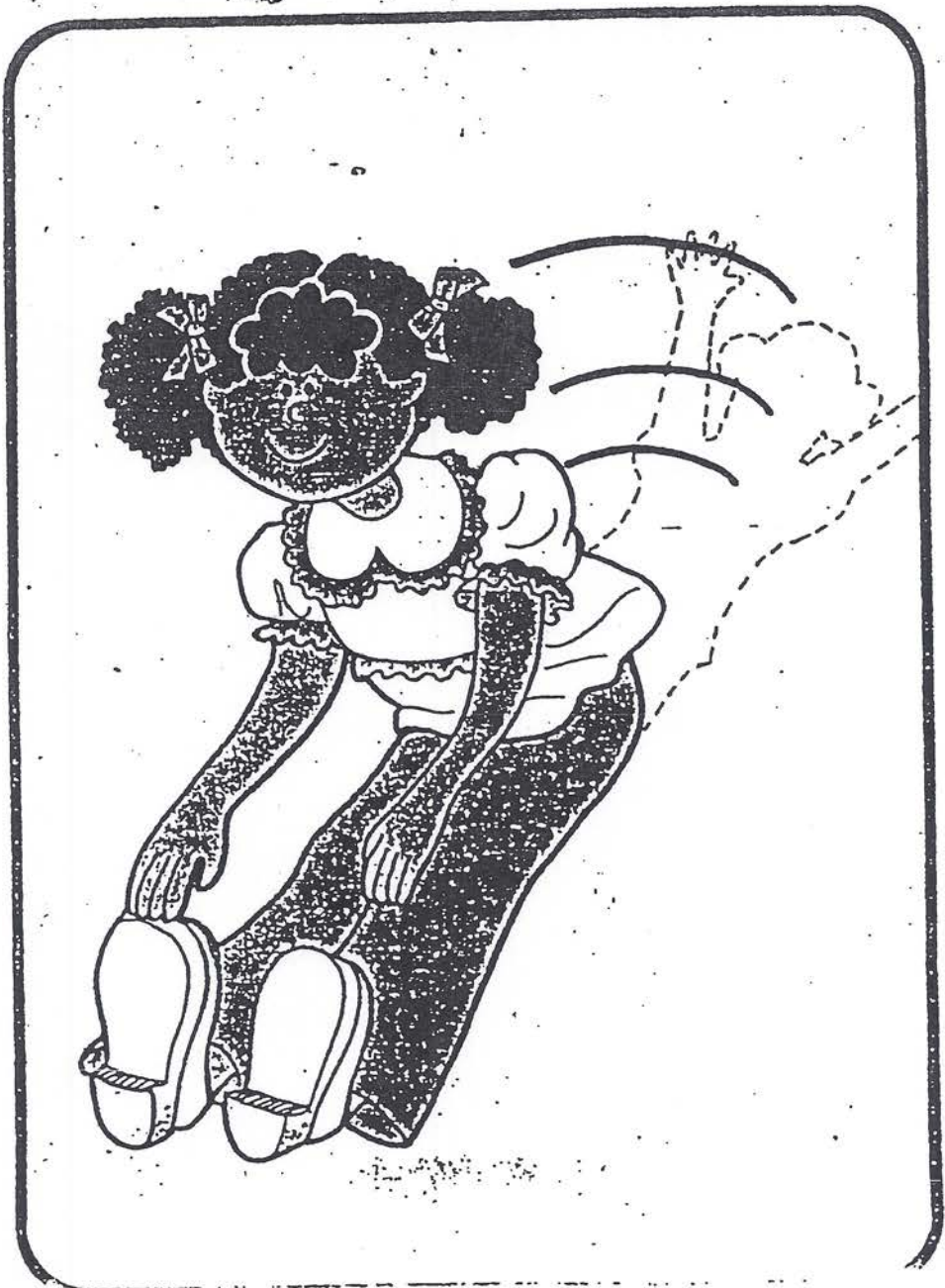
Knee bends



Bicycles



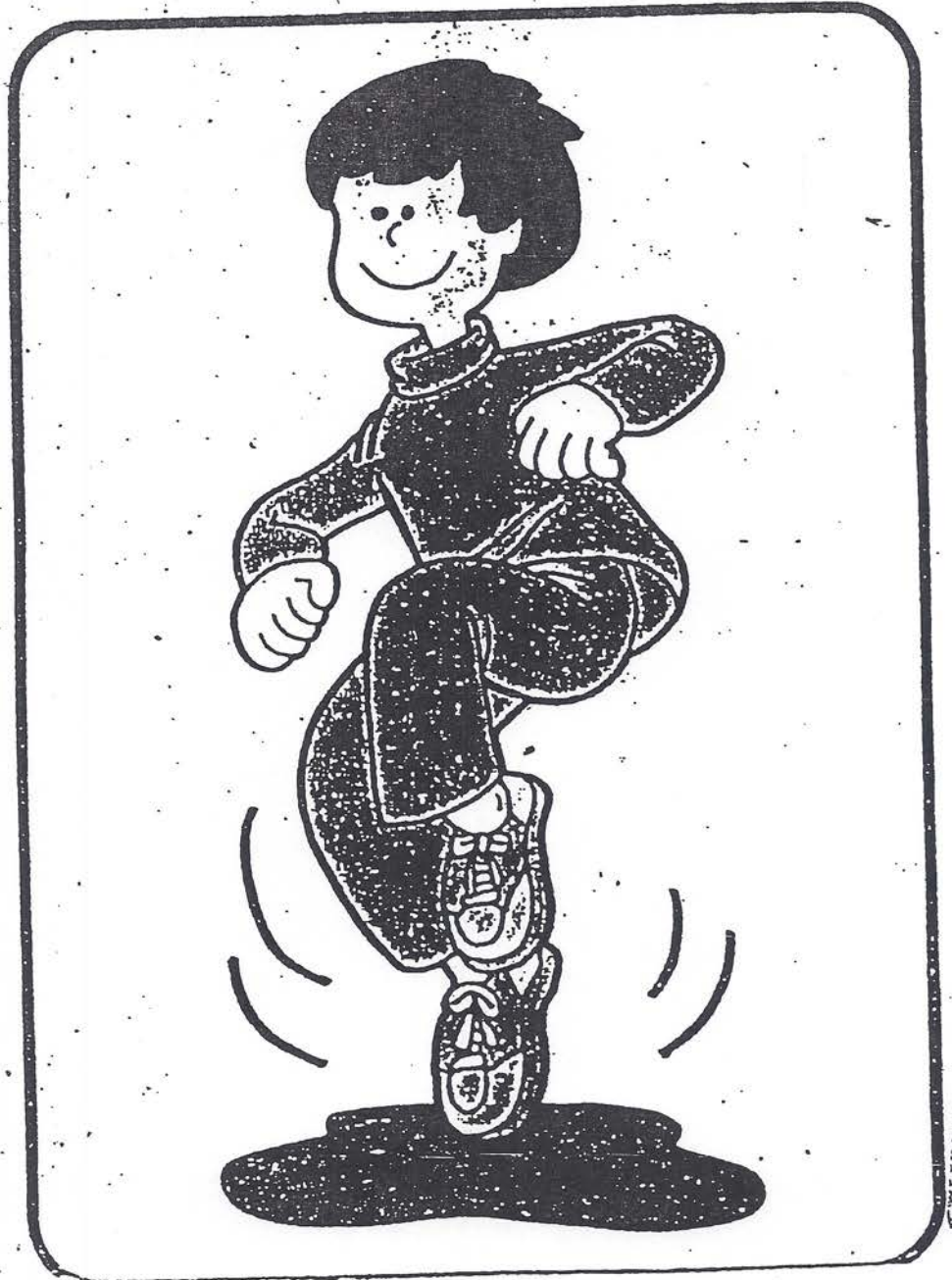
Sit-ups



Body wiggle



In-place run



Indian sit-stands



Body rolls



Head circles



One foot hop



One foot balance



Seat twirls

