

Aa

Make circles with
your Ankle



Bb

Balance on
one foot



Cc

Clap your
hands



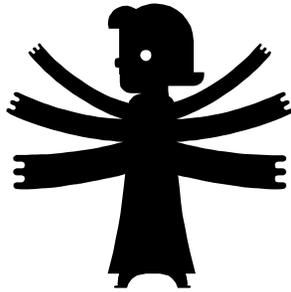
Dd

Dance



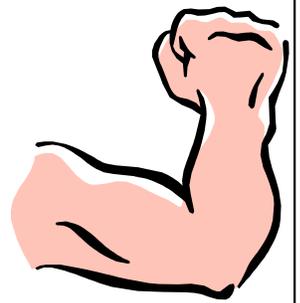
Ee

Elevate
your arms



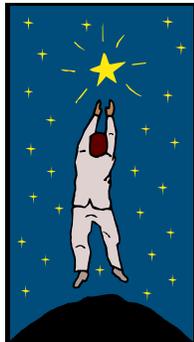
Ff

Flex your
muscles



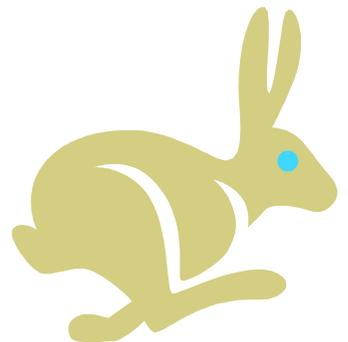
Gg

Grab the
stars



Hh

Hop on
one foot

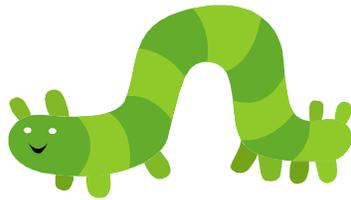


Ii

Act like

an

Inchworm



Jj

Jumping

Jacks



Kk

Kick your

legs



Ll

Lift your

legs



Mm

March in
place



Nn

Nod your
head



Oo

Jump Over a
pillow



Pp

Push-ups



Qq

Quickly walk
in place



Rr

Run in
place



Ss

Sit-ups



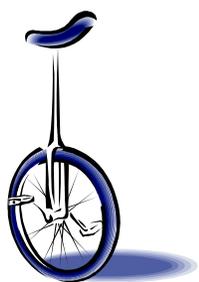
Tt

Touch
your toes

Uu

Lay on the floor, put
legs in the air, and
ride a

Unicycle



Vv

Pretend you are a

Volcano



Ww

Windmills
with arms



Xx

Pick your

exercise



Yy

Pretend you are
using a

Yo-yo



Zz

Run in a

Zigzag

