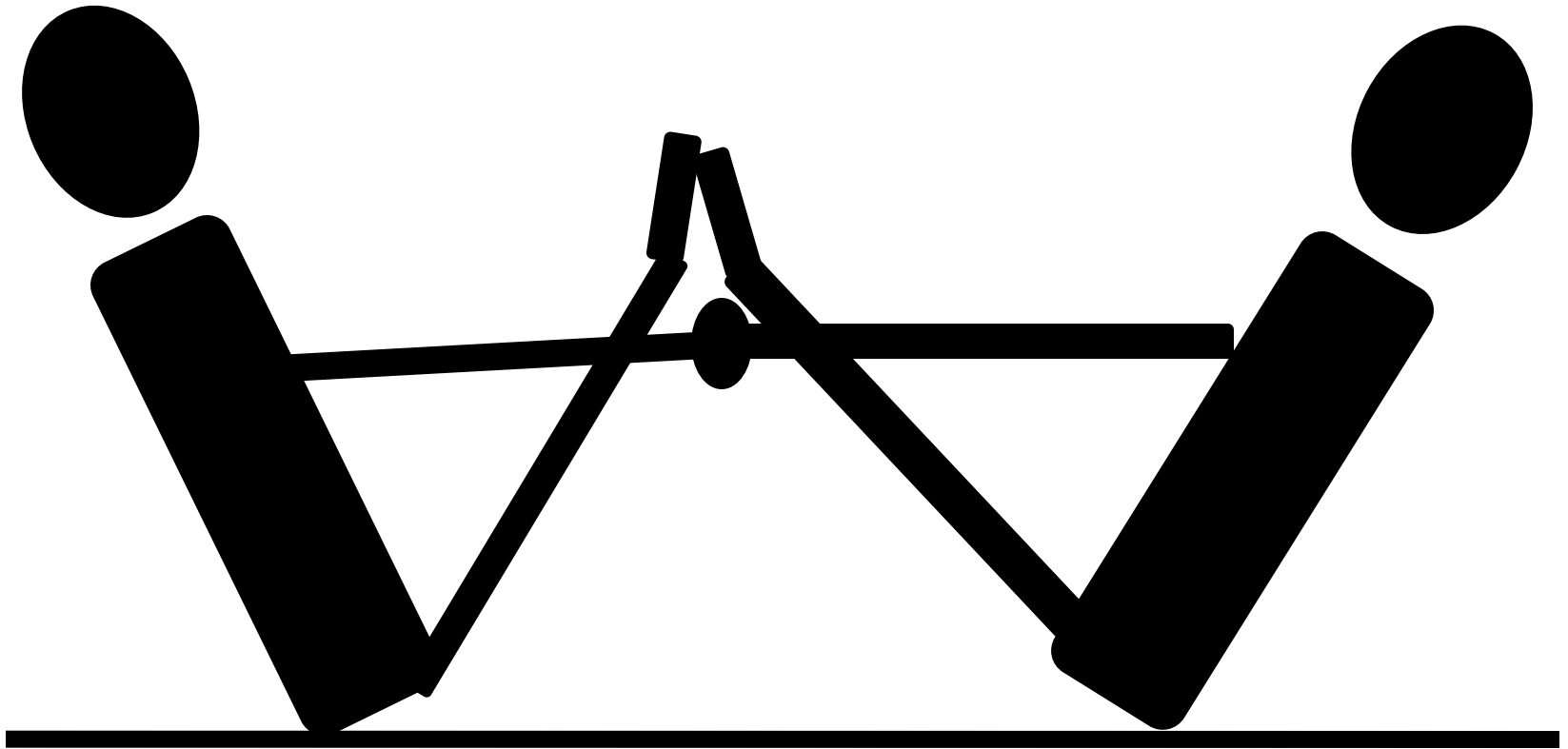
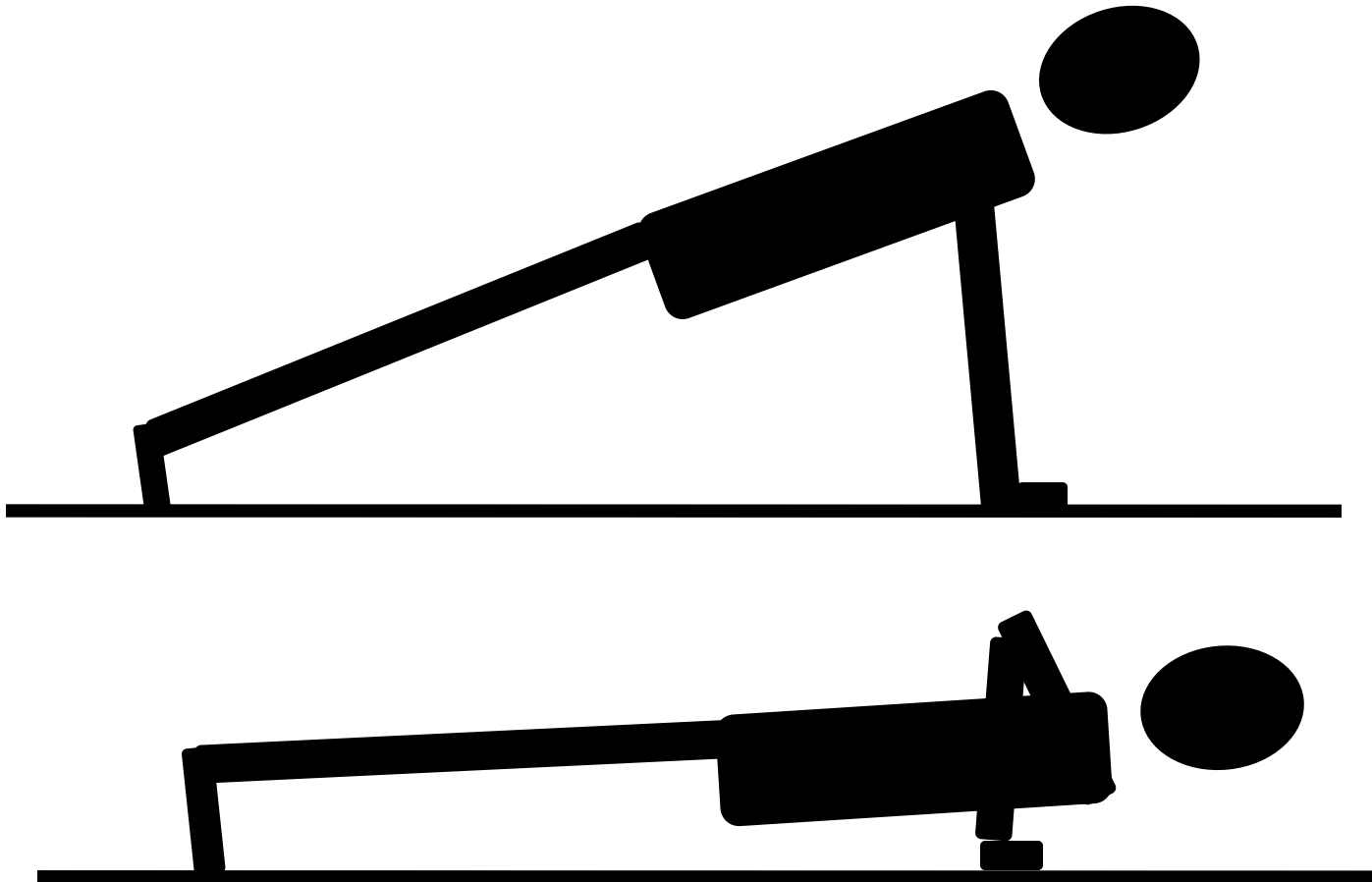


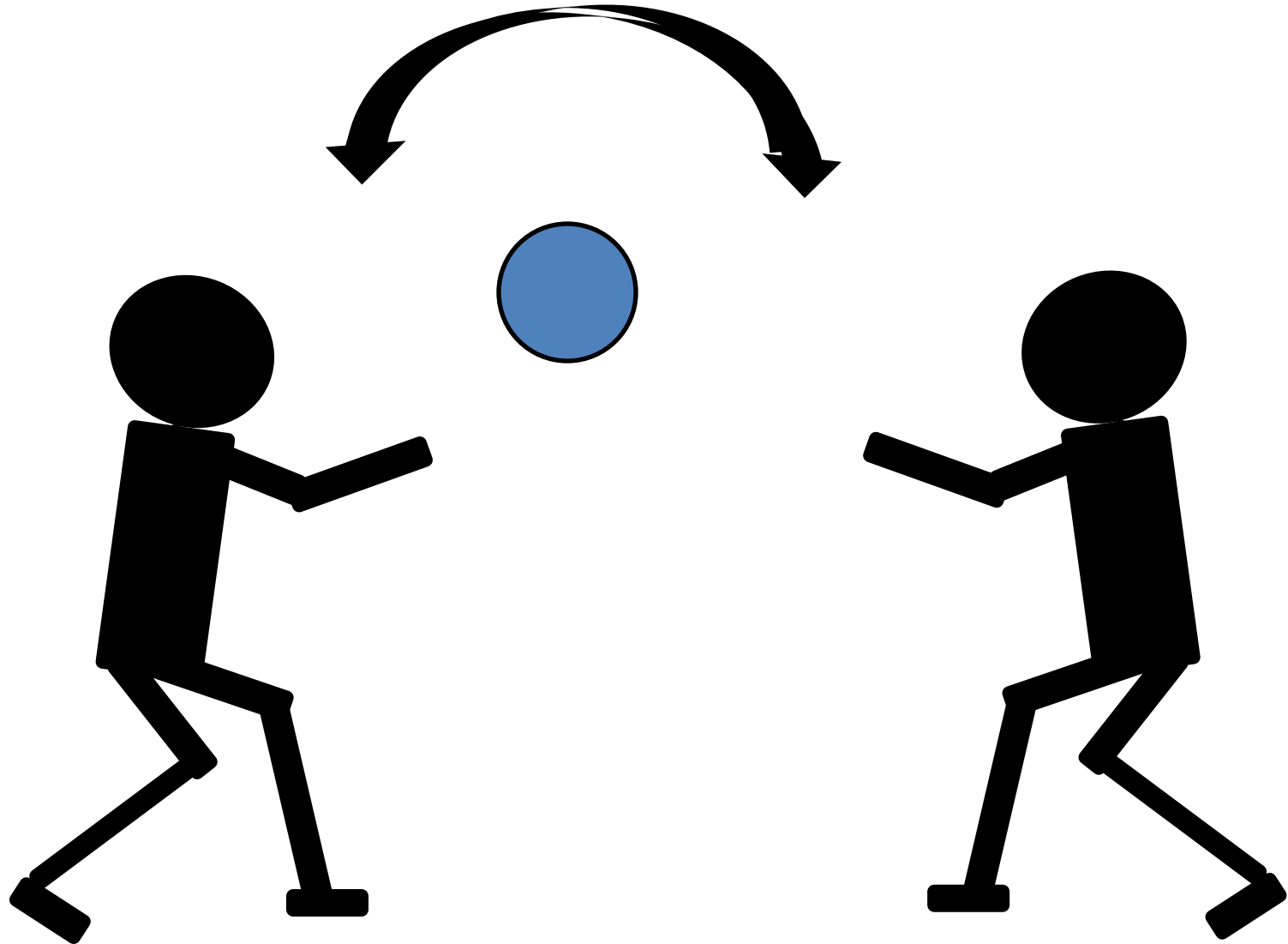
Balance & Strength



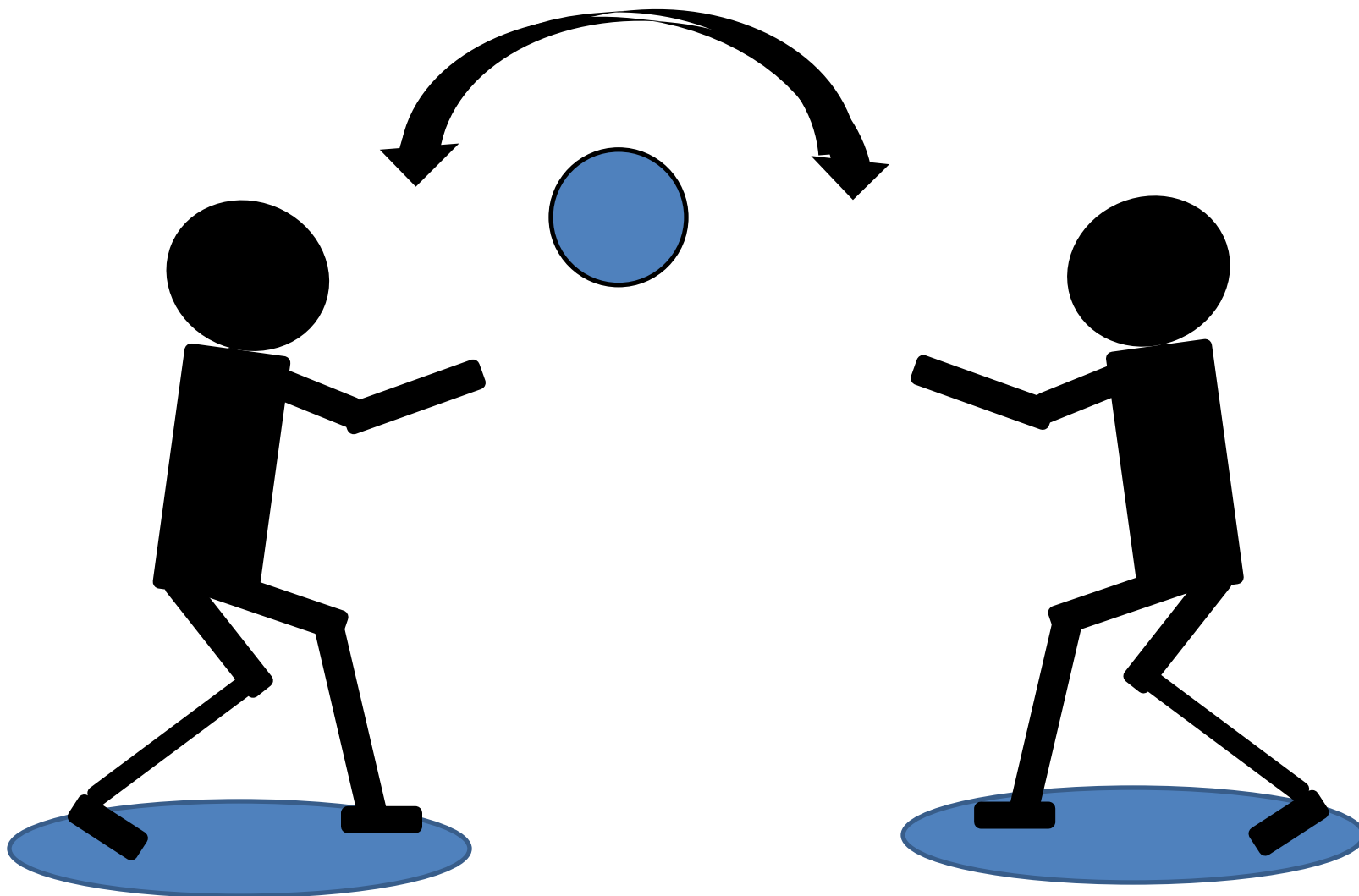
Push-Ups



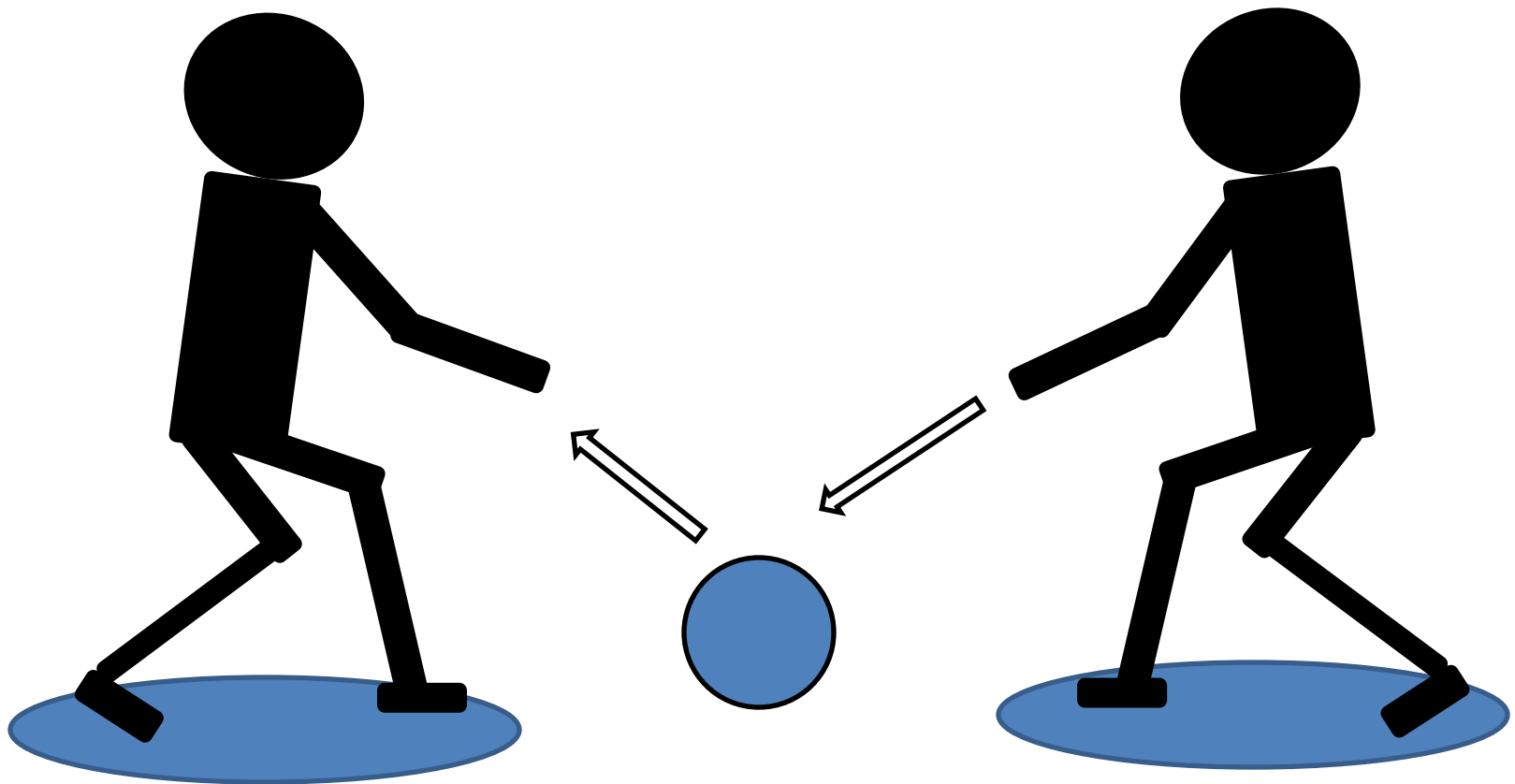
Toss and Catch



Toss and Catch

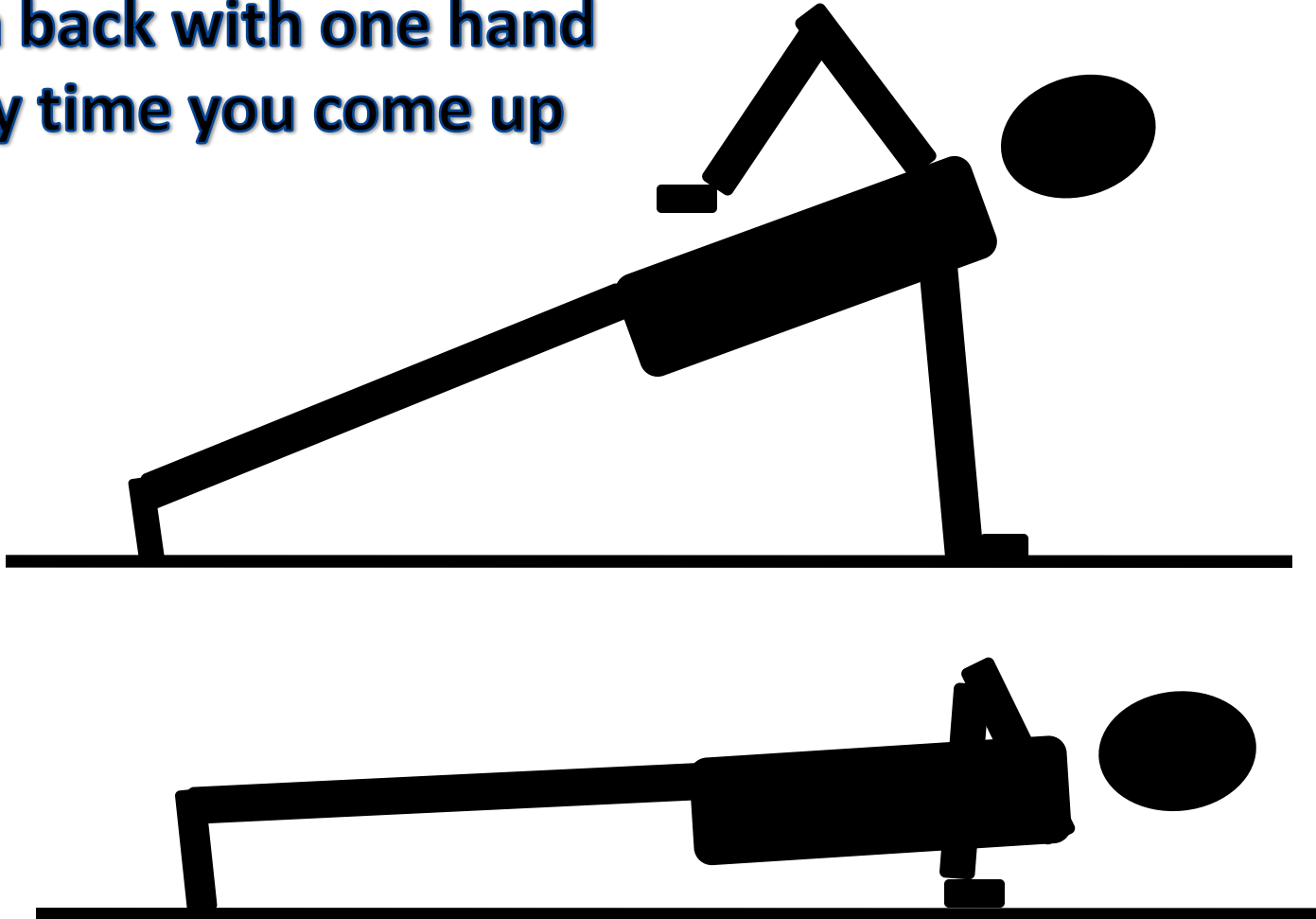


Bounce Pass - Catch



Push-Ups

Touch back with one hand
Every time you come up



Rocking Chair



Balance & Strength

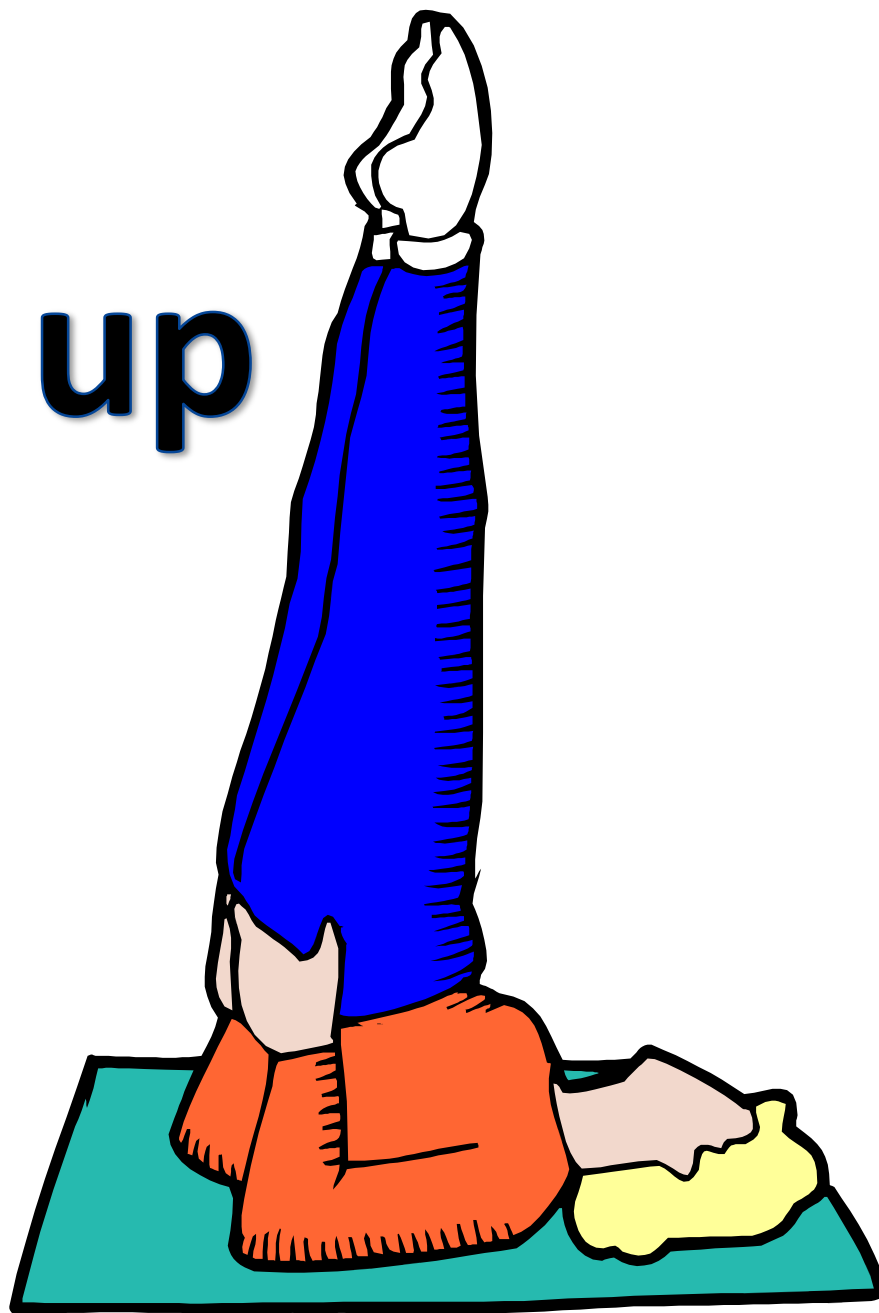


Stretch

Keep both feet forward



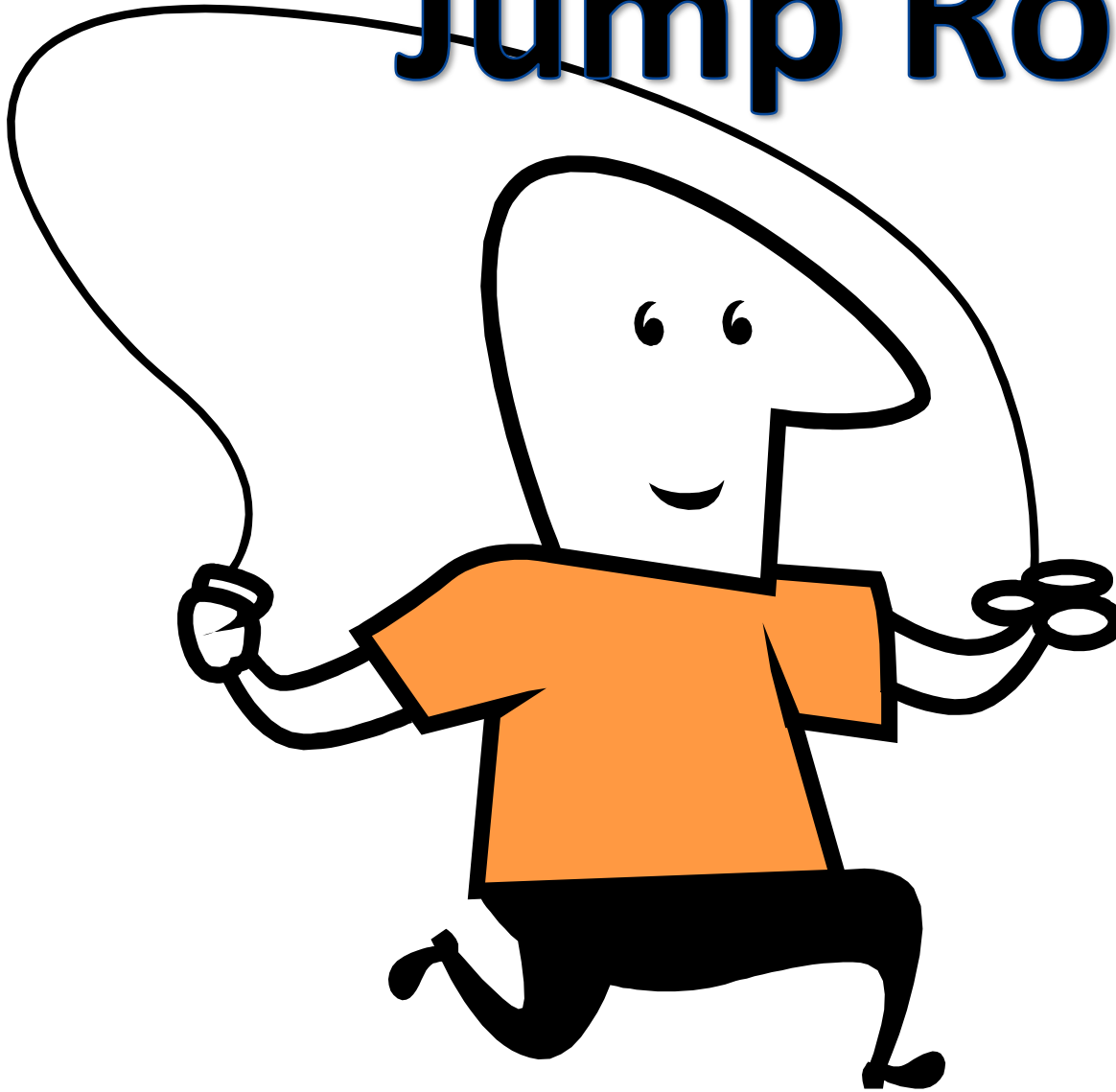
**Legs
straight up**



Sit-Ups



Jump Rope



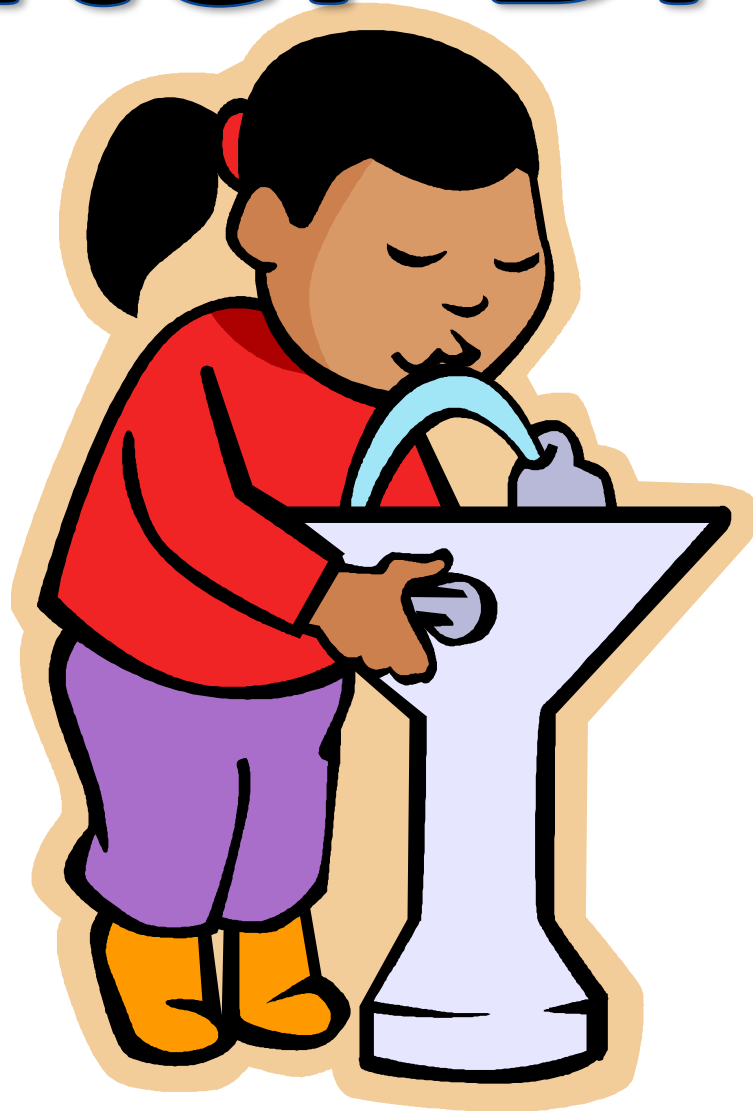
Jump Rope in Groups



Jog 1 lap



Water Break



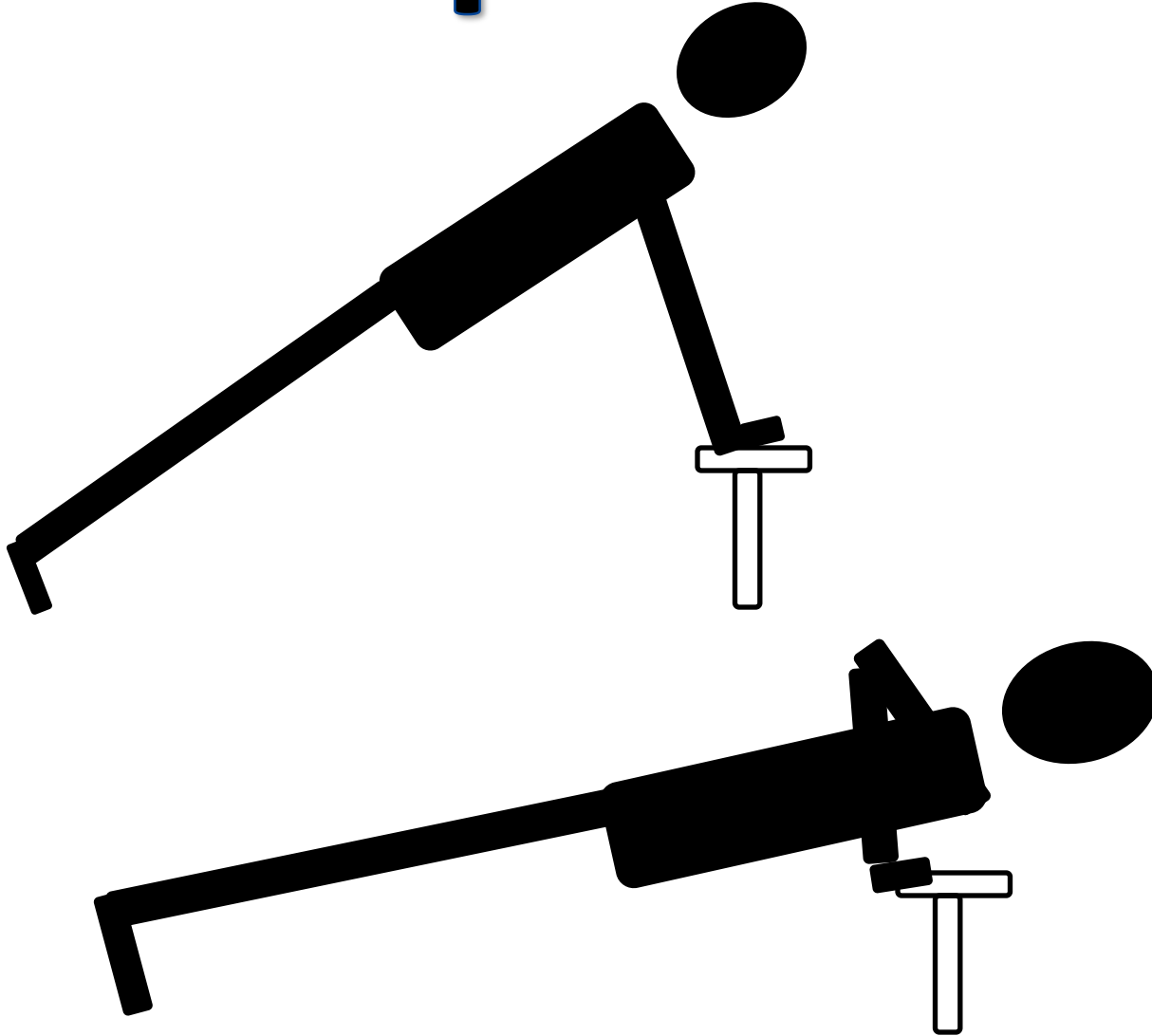
Balance and Flexibility



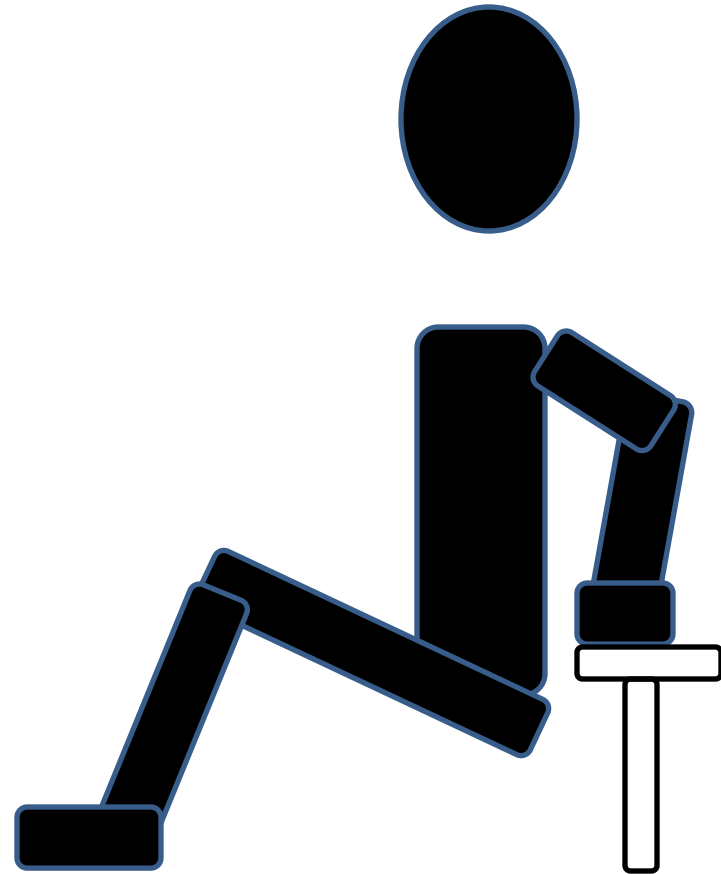
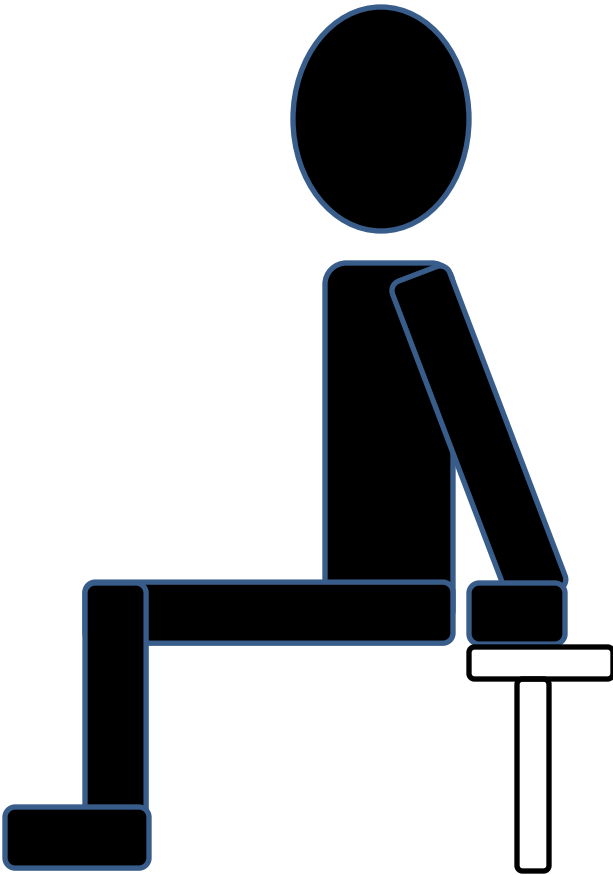
Jog 1 lap



Push-Ups on Bench



Triceps Dips



Rock-Paper-Scissors

10
Jumping
Jacks



Rock-Paper-Scissors

10 Slalom Ski Jumps



Rock-Paper-Scissors

20 Steps
FAST
Running
in Place

