

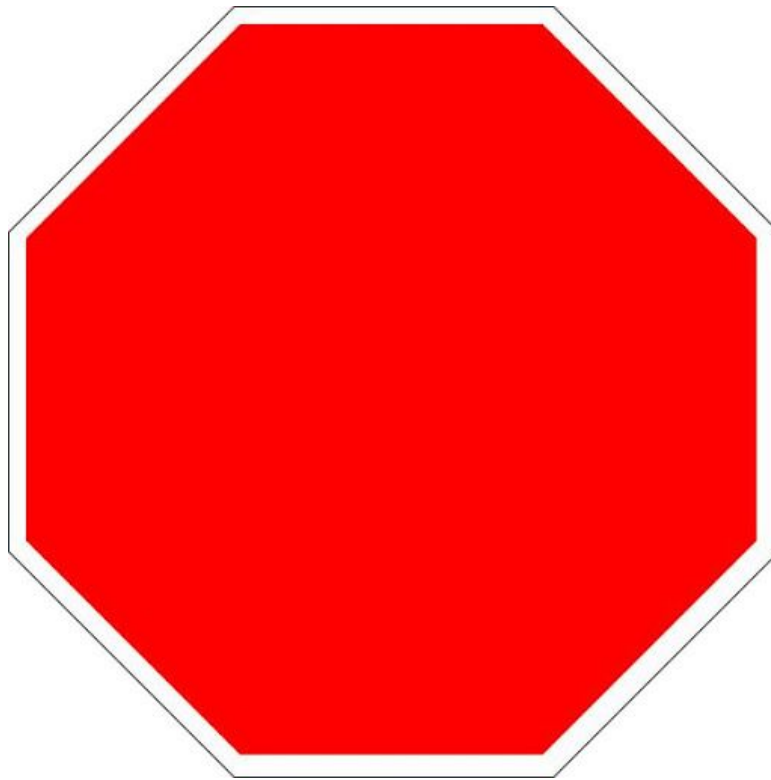


10

Jumping Jacks



Do Tree Pose for
5 seconds



12

Toe Touches

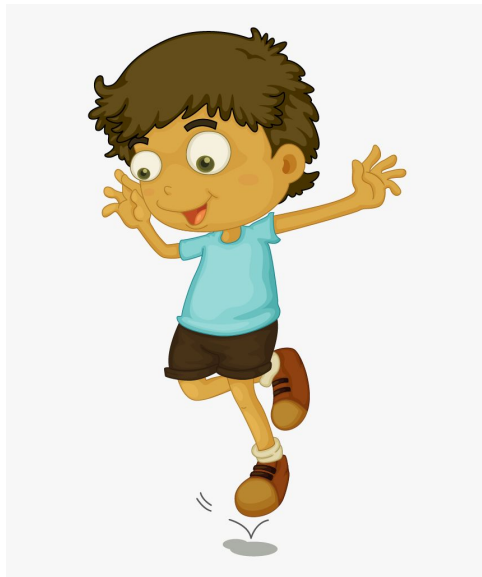


5

Crunches



Run in place
and count to 20



Jump on one foot
8 times



9

Frog Jumps