

20 ACTIVE MOVEMENTS

MARCHING

LEAP FROG

HEEL JAMS

JUMPING JACKS

SMALL KICKS

JOGGING ON THE SPOT

KNEE LIFTS

SKIPPING

SHOULDER PRESS

SQUATS

SIDE ARM RAISES

CALF RAISE

FRONT ARM RAISES

LUNGES

RAISE THE ROOF

BICEP CURLS

STIR THE POT

ARM CIRCLES

JOG & JUMP

TOUCH YOUR TOES