BING MOTOR BING

PRETEND TO JUMP ROPE FOR 30 SECONDS	10 HIGH SKIPS IN PLACE	KNEEL FOR 10 SECONDS	8 HOPS ON LEFT FOOT	4 JUMPS FEET OUT/IN		30 4	Free P	rintabl Boards
TRUNK TWISTS	TOE TOUCHES	RUN IN PLACE FOR 30	12 TOE RAISES	8 BACKWARDS	2		singo	Boaras
3 PUSH UPS	PLANKS FOR 10 SECONDS	10 SQUATS	12 TOE RAISES	10 JUMPS SIDEWAYS	6 HOPS ON RIGHT FOOT	10 HIGH SKIPS IN PLACE		
BALANCE ON LEFT FOOT 10	8 RIGHT	TOE TOUCHES	8 RIGHT LUNGES	WALK BACKWARDS 10 STEPS	BALANCE ON LEFT FOOT 10	PRETEND TO JUMP ROPE FOR		
SECONDS 6 JUMPS UP	LUNGES MARCH IN PLACE HIGH	March in Place High Knees 20X	6 JUMPS UP	10 JUMPS SIDEWAYS	WALK BACKWARDS 10 STEPS	PLANKS FOR 10 SECONDS	6 HOPS ON RIGHT FOOT	10 HIGH SKIPS IN PLACE
V JOHN O OI	KNEES 20X	4 JUMPS FEET OUT/IN	TRUNK TWISTS	12 TOE RAISES	BALANCE ON RIGHT FOOT 10 SECONDS	6 LEFT LUNGES	RUN IN PLACE FOR 30 SECONDS	WINDMILLS
		WINDMILLS	PLANKS FOR 10 SECONDS	4 JUMPS FEET OUT/IN	PRETEND TO JUMP ROPE FOR 30 SECONDS	TOE TOUCHES	KNEEL FOR 10 SECONDS	JUMP UP AND CLAP 10X
	VO			8 RIGHT LUNGES	8 HOPS ON LEFT FOOT	March in Place High Knees 20X	BALANCE ON LEFT FOOT 10 SECONDS	3 PUSH UPS

10 SQUATS

12 JUMPING

JACKS

8 BACKWARDS

JUMPS

TRUNK TWISTS

6 JUMPS UP



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BII	NGO
. •	rcises in random order. Mark it offer completes the exercise and mark
their card if they have the exerc	cise written on the card. First player
to mark five exercises in a row is	the WINNER!
TOE TOUCHES	BALANCE ON RIGHT FOOT 10 SECONDS
WINDMILLS	BALANCE ON LEFT FOOT 10 SECONDS
TDI INIV TVV/ICTO	IMPEL FOR 10 OFGONING
TRUNK TWISTS	KNEEL FOR 10 SECONDS
6 JUMPS UP	8 RIGHT LUNGES
6 JUMPS UP	8 RIGHT LUNGES
6 JUMPS UP 10 JUMPS SIDEWAYS	8 RIGHT LUNGES 6 LEFT LUNGES
6 JUMPS UP 10 JUMPS SIDEWAYS 8 BACKWARDS JUMPS	8 RIGHT LUNGES 6 LEFT LUNGES PRETEND TO JUMP ROPE FOR 30 SECONDS
6 JUMPS UP 10 JUMPS SIDEWAYS 8 BACKWARDS JUMPS 4 JUMPS FEET OUT/IN	8 RIGHT LUNGES 6 LEFT LUNGES PRETEND TO JUMP ROPE FOR 30 SECONDS JUMP UP AND CLAP 10X
6 JUMPS UP 10 JUMPS SIDEWAYS 8 BACKWARDS JUMPS 4 JUMPS FEET OUT/IN 12 JUMPING JACKS	8 RIGHT LUNGES 6 LEFT LUNGES PRETEND TO JUMP ROPE FOR 30 SECONDS JUMP UP AND CLAP 10X 12 TOE RAISES
6 JUMPS UP 10 JUMPS SIDEWAYS 8 BACKWARDS JUMPS 4 JUMPS FEET OUT/IN 12 JUMPING JACKS 6 HOPS ON RIGHT FOOT	8 RIGHT LUNGES 6 LEFT LUNGES PRETEND TO JUMP ROPE FOR 30 SECONDS JUMP UP AND CLAP 10X 12 TOE RAISES 3 PUSH UPS
6 JUMPS UP 10 JUMPS SIDEWAYS 8 BACKWARDS JUMPS 4 JUMPS FEET OUT/IN 12 JUMPING JACKS 6 HOPS ON RIGHT FOOT 8 HOPS ON LEFT FOOT	8 RIGHT LUNGES 6 LEFT LUNGES PRETEND TO JUMP ROPE FOR 30 SECONDS JUMP UP AND CLAP 10X 12 TOE RAISES 3 PUSH UPS PLANKS FOR 10 SECONDS
6 JUMPS UP 10 JUMPS SIDEWAYS 8 BACKWARDS JUMPS 4 JUMPS FEET OUT/IN 12 JUMPING JACKS 6 HOPS ON RIGHT FOOT 8 HOPS ON LEFT FOOT MARCH IN PLACE HIGH KNEES 20X	8 RIGHT LUNGES 6 LEFT LUNGES PRETEND TO JUMP ROPE FOR 30 SECONDS JUMP UP AND CLAP 10X 12 TOE RAISES 3 PUSH UPS PLANKS FOR 10 SECONDS JUMP AND TURN TO RIGHT 3X
6 JUMPS UP 10 JUMPS SIDEWAYS 8 BACKWARDS JUMPS 4 JUMPS FEET OUT/IN 12 JUMPING JACKS 6 HOPS ON RIGHT FOOT 8 HOPS ON LEFT FOOT MARCH IN PLACE HIGH KNEES 20X WALK BACKWARDS 10 STEPS	8 RIGHT LUNGES 6 LEFT LUNGES PRETEND TO JUMP ROPE FOR 30 SECONDS JUMP UP AND CLAP 10X 12 TOE RAISES 3 PUSH UPS PLANKS FOR 10 SECONDS JUMP AND TURN TO RIGHT 3X JUMP AND TURN TO LEFT 2X

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PRETEND TO JUMP ROPE FOR 30 SECONDS	10 HIGH SKIPS IN PLACE TOE TOUCHES RIGHT LUNGES MARCH IN PLACE HIGH KNEES 20X	KNEEL FOR 10 SECONDS	8 HOPS ON LEFT FOOT	4 JUMPS FEET OUT/IN
TRUNK TWISTS	TOE TOUCHES	RUN IN PLACE FOR 30 SECONDS	12 TOE RAISES	8 BACKWARDS JUMPS
3 PUSH UPS	PLANKS FOR 10 SECONDS	WINDMILLS	BALANCE ON RIGHT FOOT 10 SECONDS	12 JUMPING JACKS
BALANCE ON LEFT FOOT 10 SECONDS	8 RIGHT LUNGES	10 JUMPS SIDEWAYS	WALK BACKWARDS 10 STEPS	10 SQUATS
6 JUMPS UP	MARCH IN PLACE HIGH KNEES 20X	6 LEFT LUNGES	6 HOPS ON RIGHT FOOT	JUMP UP AND CLAP 10X

10 SQUATS TOE TOUCHES MARCH IN PLACE HIGH KNEES 20X 4 JUMPS FEET OUT/IN WINDMILLS			G	
10 SQUATS	12 TOE RAISES	10 JUMPS SIDEWAYS	6 HOPS ON RIGHT FOOT	10 HIGH SKIPS IN PLACE
TOE TOUCHES	8 RIGHT LUNGES	WALK BACKWARDS 10 STEPS	BALANCE ON LEFT FOOT 10 SECONDS	PRETEND TO JUMP ROPE FOR 30 SECONDS
MARCH IN PLACE HIGH KNEES 20X	6 JUMPS UP	8 HOPS ON LEFT FOOT	6 LEFT LUNGES	3 PUSH UPS
4 JUMPS FEET OUT/IN	TRUNK TWISTS	RUN IN PLACE FOR 30 SECONDS	12 JUMPING JACKS	8 BACKWARDS JUMPS
WINDMILLS	PLANKS FOR 10 SECONDS	JUMP UP AND CLAP 10X	KNEEL FOR 10 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS
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B	JUMP UP AND CLAP 10X 4 JUMPS FEET OUT/IN RUN IN PLACE FOR 30 SECONDS PLANKS FOR 10 SECONDS 6 HOPS ON RIGHT FOOT		G	
BALANCE ON RIGHT FOOT 10 SECONDS	JUMP UP AND CLAP 10X	8 BACKWARDS JUMPS	10 SQUATS	March in Place High Knees 20X
WALK BACKWARDS 10 STEPS	4 JUMPS FEET OUT/IN	12 TOE RAISES	PRETEND TO JUMP ROPE FOR 30 SECONDS	3 PUSH UPS
6 JUMPS UP	RUN IN PLACE FOR 30 SECONDS	12 JUMPING JACKS	8 RIGHT LUNGES	TOE TOUCHES
TRUNK TWISTS	PLANKS FOR 10 SECONDS	6 LEFT LUNGES	KNEEL FOR 10 SECONDS	BALANCE ON LEFT FOOT 10 SECONDS
10 JUMPS	6 HOPS ON RIGHT FOOT	10 HIGH SKIPS IN PLACE	8 HOPS ON LEFT FOOT	WINDMILLS

086			OR
		G	
WALK BACKWARDS 10 STEPS	BALANCE ON LEFT FOOT 10 SECONDS	10 JUMPS SIDEWAYS	KNEEL FOR 10 SECONDS
10 HIGH SKIPS IN PLACE	12 JUMPING JACKS	JUMP UP AND CLAP 10X	6 LEFT LUNGES
8 RIGHT LUNGES	6 JUMPS UP	10 SQUATS	RUN IN PLACE FOR 30 SECONDS
PLANKS FOR 10 SECONDS	12 TOE RAISES	PRETEND TO JUMP ROPE FOR 30 SECONDS	3 PUSH UPS
6 HOPS ON RIGHT FOOT	TOE TOUCHES	8 BACKWARDS JUMPS	8 HOPS ON LEFT FOOT
,) S	WALK BACKWARDS 10 STEPS 10 HIGH SKIPS IN PLACE 8 RIGHT LUNGES PLANKS FOR 10 SECONDS 6 HOPS ON RIGHT FOOT	WALK BACKWARDS 10 STEPS BALANCE ON LEFT FOOT 10 SECONDS 10 HIGH SKIPS IN PLACE 8 RIGHT LUNGES 6 JUMPS UP PLANKS FOR 10 SECONDS 12 TOE RAISES 6 HOPS ON RIGHT FOOT TOE TOUCHES	WALK BACKWARDS 10 STEPS BALANCE ON LEFT FOOT 10 SECONDS 10 HIGH SKIPS IN PLACE 12 JUMPING JACKS JUMP UP AND CLAP 10X RIGHT LUNGES 6 JUMPS UP 10 SQUATS PLANKS FOR 10 SECONDS 12 TOE RAISES JUMP ROPE FOR 30 SECONDS 8 BACKWARDS JUMPS WWW.YourThe COOLOGO COOLOGO WALK BALANCE ON LEFT FOOT 10 SECONDS 10 JUMP UP AND CLAP 10X PRETEND TO JUMP ROPE FOR 30 SECONDS 8 BACKWARDS JUMPS WWW.YourThe COOLOGO COOLOGO WWW.YourThe

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B			G	
10 JUMPS SIDEWAYS	WALK BACKWARDS 10 STEPS	PLANKS FOR 10 SECONDS	6 HOPS ON RIGHT FOOT	10 HIGH SKIPS IN PLACE
12 TOE RAISES	BALANCE ON RIGHT FOOT 10 SECONDS	6 LEFT LUNGES	RUN IN PLACE FOR 30 SECONDS	WINDMILLS
4 JUMPS FEET OUT/IN	PRETEND TO JUMP ROPE FOR 30 SECONDS	TOE TOUCHES	KNEEL FOR 10 SECONDS	JUMP UP AND CLAP 10X
8 RIGHT LUNGES	8 HOPS ON LEFT FOOT	MARCH IN PLACE HIGH KNEES 20X	BALANCE ON LEFT FOOT 10 SECONDS	3 PUSH UPS
10 SQUATS	12 JUMPING JACKS	8 BACKWARDS JUMPS	TRUNK TWISTS	6 JUMPS UP
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B	JUMP UP AND CLAP 10X TOE TOUCHES RUN IN PLACE FOR 30 SECONDS BALANCE ON LEFT FOOT 10 SECONDS		G	0
8 HOPS ON LEFT FOOT	JUMP UP AND CLAP 10X	KNEEL FOR 10 SECONDS	8 RIGHT LUNGES	10 HIGH SKIPS IN PLACE
12 TOE RAISES	TOE TOUCHES	10 JUMPS SIDEWAYS	12 JUMPING JACKS	TRUNK TWISTS
4 JUMPS FEET OUT/IN	6 LEFT LUNGES	6 JUMPS UP	6 HOPS ON RIGHT FOOT	PRETEND TO JUMP ROPE FOR 30 SECONDS
3 PUSH UPS	RUN IN PLACE FOR 30 SECONDS	10 SQUATS	MARCH IN PLACE HIGH KNEES 20X	BALANCE ON RIGHT FOOT 10 SECONDS
WINDMILLS	BALANCE ON LEFT FOOT 10	PLANKS FOR 10 SECONDS	WALK BACKWARDS	8 BACKWARDS JUMPS

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G				G	
JUMP R	ND TO OPE FOR CONDS	12 toe raises	10 SQUATS	KNEEL FOR 10 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS
	PS ON FOOT	WALK BACKWARDS 10 STEPS	12 JUMPING JACKS	10 HIGH SKIPS IN PLACE	WINDMILLS
	(WARDS MPS	3 PUSH UPS	TRUNK TWISTS	JUMP UP AND CLAP 10X	6 LEFT LUNGES
FOR	PLACE 30 ONDS	PLANKS FOR 10 SECONDS	TOE TOUCHES	BALANCE ON LEFT FOOT 10 SECONDS	6 HOPS ON RIGHT FOOT
	UMPS VAYS	6 JUMPS UP	8 RIGHT LUNGES	March in Place High Knees 20X	4 JUMPS FEET OUT/IN
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	B			G		1
	8 RIGHT LUNGES	6 HOPS ON RIGHT FOOT	KNEEL FOR 10 SECONDS	3 PUSH UPS	10 SQUATS	
	TRUNK TWISTS	PLANKS FOR 10 SECONDS	BALANCE ON LEFT FOOT 10 SECONDS	RUN IN PLACE FOR 30 SECONDS	8 HOPS ON LEFT FOOT	
	12 TOE RAISES	10 JUMPS SIDEWAYS	6 JUMPS UP	TOE TOUCHES	WINDMILLS	
	MARCH IN PLACE HIGH KNEES 20X	BALANCE ON RIGHT FOOT 10 SECONDS	8 BACKWARDS JUMPS	10 HIGH SKIPS IN PLACE	JUMP UP AND CLAP 10X	
	WALK BACKWARDS 10 STEPS	4 JUMPS FEET OUT/IN	12 JUMPING JACKS	PRETEND TO JUMP ROPE FOR 30 SECONDS	6 LEFT LUNGES	
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	088			OR
B	10 JUMPS SIDEWAYS PRETEND TO JUMP ROPE FOR 30 SECONDS 6 LEFT LUNGES 6 HOPS ON RIGHT FOOT TOE TOUCHES		G	
6 JUMPS UP	10 JUMPS SIDEWAYS	JUMP UP AND CLAP 10X	KNEEL FOR 10 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS
12 JUMPING JACKS	PRETEND TO JUMP ROPE FOR 30 SECONDS	12 TOE RAISES	WALK BACKWARDS 10 STEPS	WINDMILLS
10 SQUATS	6 LEFT LUNGES	TRUNK TWISTS	3 PUSH UPS	8 HOPS ON LEFT FOOT
PLANKS FOR 10 SECONDS	6 HOPS ON RIGHT FOOT	BALANCE ON LEFT FOOT 10 SECONDS	RUN IN PLACE FOR 30 SECONDS	March in Place High Knees 20X
10 HIGH SKIPS IN PLACE	TOE TOUCHES	8 BACKWARDS JUMPS	4 JUMPS FEET OUT/IN	8 RIGHT LUNGES

B	TOE TOUCHES 3 PUSH UPS MARCH IN PLACE HIGH KNEES 20X 6 JUMPS UP 10 JUMPS SIDEWAYS		G	
12 TOE RAISES	TOE TOUCHES	8 HOPS ON LEFT FOOT	8 RIGHT LUNGES	WINDMILLS
PLANKS FOR 10 SECONDS	3 PUSH UPS	BALANCE ON LEFT FOOT 10 SECONDS	KNEEL FOR 10 SECONDS	6 HOPS ON RIGHT FOOT
12 JUMPING JACKS	MARCH IN PLACE HIGH KNEES 20X	8 BACKWARDS JUMPS	BALANCE ON RIGHT FOOT 10 SECONDS	6 LEFT LUNGES
TRUNK TWISTS	6 JUMPS UP	WALK BACKWARDS 10 STEPS	10 HIGH SKIPS IN PLACE	4 JUMPS FEET OUT/IN
10 SQUATS	10 JUMPS SIDEWAYS	RUN IN PLACE FOR 30	JUMP UP AND CLAP 10X	PRETEND TO JUMP ROPE FOR

PRETEND TO JUMP ROPE FOR 30 SECONDS RUN IN PLACE FOR 30 SECONDS RUN IN PLACE FOR 30 SECONDS 8 HOPS ON LEFT FOOT 6 JUMPS UP			G	
PRETEND TO JUMP ROPE FOR 30 SECONDS	TRUNK TWISTS	6 HOPS ON RIGHT FOOT	MARCH IN PLACE HIGH KNEES 20X	4 JUMPS FEET OUT/IN
BALANCE ON LEFT FOOT 10 SECONDS	12 toe raises	BALANCE ON RIGHT FOOT 10 SECONDS	KNEEL FOR 10 SECONDS	8 RIGHT LUNGES
RUN IN PLACE FOR 30 SECONDS	10 JUMPS SIDEWAYS	3 PUSH UPS	8 BACKWARDS JUMPS	JUMP UP AND CLAP 10X
8 HOPS ON LEFT FOOT	12 JUMPING JACKS	10 HIGH SKIPS IN PLACE	PLANKS FOR 10 SECONDS	TOE TOUCHES
6 JUMPS UP	WINDMILLS	6 LEFT LUNGES	10 SQUATS	WALK BACKWARDS 10 STEPS
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	088			OR
8 HOPS ON LEFT FOOT BALANCE ON LEFT FOOT 10 SECONDS 8 BACKWARDS JUMPS 3 PUSH UPS TOE TOUCHES			G	
8 HOPS ON LEFT FOOT	8 RIGHT LUNGES	JUMP UP AND CLAP 10X	WINDMILLS	PRETEND TO JUMP ROPE FOR 30 SECONDS
BALANCE ON LEFT FOOT 10 SECONDS	TRUNK TWISTS	10 JUMPS SIDEWAYS	RUN IN PLACE FOR 30 SECONDS	10 SQUATS
8 BACKWARDS JUMPS	6 HOPS ON RIGHT FOOT	6 JUMPS UP	PLANKS FOR 10 SECONDS	KNEEL FOR 10 SECONDS
3 PUSH UPS	WALK BACKWARDS 10 STEPS	12 JUMPING JACKS	12 TOE RAISES	6 LEFT LUNGES
TOE TOUCHES	4 JUMPS FEET OUT/IN	10 HIGH SKIPS IN PLACE	MARCH IN PLACE HIGH KNEES 20X	BALANCE ON RIGHT FOOT 10 SECONDS
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B		6 JUMPS UP 10 JUMPS SIDEWAYS TRUNK TWISTS 8 RIGHT LUNGES MARCH IN PLACE HIGH KNEES 20X	G	
6 LEFT LUNGES	WALK BACKWARDS 10 STEPS	6 JUMPS UP	8 BACKWARDS JUMPS	4 JUMPS FEET OUT/IN
8 HOPS ON LEFT FOOT	BALANCE ON LEFT FOOT 10 SECONDS	10 JUMPS SIDEWAYS	10 SQUATS	PRETEND TO JUMP ROPE FOR 30 SECONDS
12 TOE RAISES	10 HIGH SKIPS IN PLACE	TRUNK TWISTS	JUMP UP AND CLAP 10X	PLANKS FOR 10 SECONDS
6 HOPS ON RIGHT FOOT	RUN IN PLACE FOR 30 SECONDS	8 RIGHT LUNGES	TOE TOUCHES	WINDMILLS
BALANCE ON RIGHT FOOT 10 SECONDS	KNEEL FOR 10 SECONDS	MARCH IN PLACE HIGH KNEES 20X	12 JUMPING JACKS	3 PUSH UPS
SECONDS SECONDS	SECONDS	KNEES 20X	JACKS www.YourThe	3 YUSH UPS erapySource.com

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CH IN HIGH S 20X	TRUNK TWISTS	WALK BACKWARDS 10 STEPS	6 JUMPS UP	PRETEND TO JUMP ROPE FOR 30 SECONDS
'S FEET [/IN	6 LEFT LUNGES	PLANKS FOR 10 SECONDS	10 SQUATS	KNEEL FOR 10 SECONDS
GHT IGES	12 JUMPING JACKS	6 HOPS ON RIGHT FOOT	8 HOPS ON LEFT FOOT	8 BACKWARDS JUMPS
h skips Lace	BALANCE ON LEFT FOOT 10 SECONDS	JUMP UP AND CLAP 10X	TOE TOUCHES	3 PUSH UPS
UMPS VAYS	WINDMILLS	RUN IN PLACE FOR 30 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS	12 TOE RAISES
	CH IN E HIGH S 20X PS FEET I/IN GHT IGES LACE UMPS WAYS	CH IN HIGH TRUNK TWISTS 20X PS FEET 6 LEFT LUNGES GHT 12 JUMPING JACKS H SKIPS LACE BALANCE ON LEFT FOOT 10 SECONDS UMPS WAYS WINDMILLS	CH IN FRUNK TWISTS WALK BACKWARDS 10 STEPS PS FEET 6 LEFT LUNGES PLANKS FOR 10 SECONDS CHT 12 JUMPING 6 HOPS ON RIGHT FOOT H SKIPS LACE BALANCE ON LEFT FOOT 10 SECONDS WINDMILLS FOR 30 SECONDS	CH IN E HIGH S 20X TRUNK TWISTS BACKWARDS 10 STEPS CH IN TRUNK TWISTS BACKWARDS 10 STEPS PLANKS FOR 10 SECONDS 10 SQUATS PLANKS FOR 10 SECONDS 10 SQUATS TH SKIPS BALANCE ON LEFT FOOT LACE BALANCE ON CLAP 10X SECONDS RIGHT FOOT TOE TOUCHES WALK BALANCE ON LEFT FOOT 10 SECONDS WINDMILLS RUN IN PLACE FOR 30 SECONDS WAYS WINDMILLS RUN IN PLACE FOR 30 SECONDS SECONDS WWW. YOUTTH WWW. YOUTTH WWW. YOUTTH WWW. YOUTTH WWW. YOUTTH

B	PLANKS FOR 10 SECONDS BALANCE ON LEFT FOOT 10 SECONDS TOE TOUCHES 6 JUMPS UP		G	
WINDMILLS	PLANKS FOR 10 SECONDS	12 JUMPING JACKS	JUMP UP AND CLAP 10X	MARCH IN PLACE HIGH KNEES 20X
10 JUMPS SIDEWAYS	BALANCE ON LEFT FOOT 10 SECONDS	4 JUMPS FEET OUT/IN	12 TOE RAISES	PRETEND TO JUMP ROPE FOR 30 SECONDS
RUN IN PLACE FOR 30 SECONDS	TOE TOUCHES	6 LEFT LUNGES	BALANCE ON RIGHT FOOT 10 SECONDS	8 HOPS ON LEFT FOOT
8 BACKWARDS JUMPS	6 JUMPS UP	KNEEL FOR 10 SECONDS	10 HIGH SKIPS IN PLACE	6 HOPS ON RIGHT FOOT
8 RIGHT LUNGES	10 SQUATS	3 PUSH UPS	TRUNK TWISTS	WALK BACKWARDS 10 STEPS
LUNGES	IU SŲUATS	3 rush urs	www.YourThe	10 STEPS erapySource.com

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	B	PRETEND TO JUMP ROPE FOR 30 SECONDS BALANCE ON RIGHT FOOT 10 SECONDS 6 LEFT LUNGES TRUNK TWISTS		G	
M/ PL/ KN	ARCH IN ACE HIGH IEES 20X	PRETEND TO JUMP ROPE FOR 30 SECONDS	8 HOPS ON LEFT FOOT	8 BACKWARDS JUMPS	JUMP UP AND CLAP 10X
12	JUMPING JACKS	BALANCE ON RIGHT FOOT 10 SECONDS	WALK BACKWARDS 10 STEPS	10 HIGH SKIPS IN PLACE	6 HOPS ON RIGHT FOOT
3 P	PUSH UPS	6 LEFT LUNGES	TOE TOUCHES	BALANCE ON LEFT FOOT 10 SECONDS	RUN IN PLACE FOR 30 SECONDS
10	SQUATS	10 JUMPS SIDEWAYS	6 JUMPS UP	12 TOE RAISES	PLANKS FOR 10 SECONDS
4 JU	JMPS FEET OUT/IN	TRUNK TWISTS	KNEEL FOR 10 SECONDS	WINDMILLS	8 RIGHT LUNGES

	086			OR
B		8 HOPS ON LEFT FOOT PRETEND TO JUMP ROPE FOR 30 SECONDS 6 LEFT LUNGES MARCH IN PLACE HIGH KNEES 20X 8 BACKWARDS JUMPS	G	
BALANCE ON RIGHT FOOT 10 SECONDS	8 RIGHT LUNGES	8 HOPS ON LEFT FOOT	RUN IN PLACE FOR 30 SECONDS	KNEEL FOR 10 SECONDS
TRUNK TWISTS	WALK BACKWARDS 10 STEPS	PRETEND TO JUMP ROPE FOR 30 SECONDS	6 HOPS ON RIGHT FOOT	10 SQUATS
PLANKS FOR 10 SECONDS	BALANCE ON LEFT FOOT 10 SECONDS	6 LEFT LUNGES	10 HIGH SKIPS IN PLACE	12 JUMPING JACKS
6 JUMPS UP	JUMP UP AND CLAP 10X	MARCH IN PLACE HIGH KNEES 20X	TOE TOUCHES	4 JUMPS FEET OUT/IN
WINDMILLS	10 JUMPS SIDEWAYS	8 BACKWARDS JUMPS	12 TOE RAISES	3 PUSH UPS

B			G	
8 HOPS ON LEFT FOOT	BALANCE ON RIGHT FOOT 10 SECONDS	12 TOE RAISES	10 SQUATS	3 PUSH UPS
JUMP UP AND CLAP 10X	WALK BACKWARDS 10 STEPS	TOE TOUCHES	TRUNK TWISTS	March in Place High Knees 20X
PRETEND TO JUMP ROPE FOR 30 SECONDS	12 JUMPING JACKS	KNEEL FOR 10 SECONDS	10 JUMPS SIDEWAYS	6 JUMPS UP
4 JUMPS FEET OUT/IN	WINDMILLS	BALANCE ON LEFT FOOT 10 SECONDS	6 HOPS ON RIGHT FOOT	8 BACKWARDS JUMPS
8 RIGHT LUNGES	10 HIGH SKIPS IN PLACE	6 LEFT LUNGES	PLANKS FOR 10 SECONDS	RUN IN PLACE FOR 30 SECONDS
8 RIGHT LUNGES	10 HIGH SKIPS IN PLACE	6 LEFT LUNGES	10 SQUATS TRUNK TWISTS TRUNK TWISTS HOPS ON RIGHT FOOT PLANKS FOR 10 SECONDS ***********************************	RUN IN PLACE FOR 30 SECONDS PrapySource.com

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		G	
N KNEEL FOR 10 SECONDS	WINDMILLS	4 JUMPS FEET OUT/IN	RUN IN PLACE FOR 30 SECONDS
)S 8 RIGHT LUNGES	12 toe raises	PRETEND TO JUMP ROPE FOR 30 SECONDS	6 LEFT LUNGES
S 10 SQUATS	WALK BACKWARDS 10 STEPS	TOE TOUCHES	8 HOPS ON LEFT FOOT
PLANKS FOR 10 SECONDS	10 JUMPS SIDEWAYS	TRUNK TWISTS	6 HOPS ON RIGHT FOOT
, 10 HIGH SKIPS IN PLACE	JUMP UP AND CLAP 10X	March in Place High Knees 20X	BALANCE ON RIGHT FOOT 10 SECONDS
	N KNEEL FOR 10 SECONDS 8 RIGHT LUNGES 10 SQUATS P IO HIGH SKIPS IN PLACE	NO KNEEL FOR 10 SECONDS 8 RIGHT LUNGES 10 SQUATS PLANKS FOR 10 SECONDS 10 JUMPS SIDEWAYS 10 HIGH SKIPS JUMP UP AND CLAP 10X	No KNEEL FOR 10 SECONDS RIGHT LUNGES 10 SQUATS BACKWARDS 10 STEPS 10 HIGH SKIPS IN PLACE 10 HIGH SKIPS IN PLACE NINDMILLS A JUMPS FEET OUT/IN PRETEND TO JUMP ROPE FOR 30 SECONDS TRUNK TWISTS MARCH IN PLACE MARCH IN PLACE HIGH KNEES 20X

B			G	
6 JUMPS UP	12 TOE RAISES	3 PUSH UPS	PLANKS FOR 10 SECONDS	JUMP UP AND CLAP 10X
8 HOPS ON LEFT FOOT	RUN IN PLACE FOR 30 SECONDS	6 HOPS ON RIGHT FOOT	WINDMILLS	PRETEND TO JUMP ROPE FOR 30 SECONDS
4 JUMPS FEET OUT/IN	BALANCE ON LEFT FOOT 10 SECONDS	10 SQUATS	TRUNK TWISTS	BALANCE ON RIGHT FOOT 10 SECONDS
March in Place High Knees 20X	TOE TOUCHES	10 JUMPS SIDEWAYS	12 JUMPING JACKS	10 HIGH SKIPS IN PLACE
KNEEL FOR 10 SECONDS	WALK BACKWARDS 10 STEPS	8 BACKWARDS JUMPS	8 RIGHT LUNGES	6 LEFT LUNGES
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B	10 HIGH SKIPS IN PLACE BALANCE ON RIGHT FOOT 10 SECONDS RUN IN PLACE FOR 30 SECONDS BALANCE ON LEFT FOOT 10 SECONDS 4 JUMPS FEET OUT/IN		G	
PLANKS FOR 10 SECONDS	10 HIGH SKIPS IN PLACE	PRETEND TO JUMP ROPE FOR 30 SECONDS	WINDMILLS	10 SQUATS
TOE TOUCHES	BALANCE ON RIGHT FOOT 10 SECONDS	8 RIGHT LUNGES	6 LEFT LUNGES	KNEEL FOR 10 SECONDS
TRUNK TWISTS	RUN IN PLACE FOR 30 SECONDS	12 JUMPING JACKS	12 TOE RAISES	8 HOPS ON LEFT FOOT
10 JUMPS SIDEWAYS	BALANCE ON LEFT FOOT 10 SECONDS	JUMP UP AND CLAP 10X	8 BACKWARDS JUMPS	WALK BACKWARDS 10 STEPS
6 JUMPS UP	4 JUMPS FEET OUT/IN	6 HOPS ON RIGHT FOOT	MARCH IN PLACE HIGH KNEES 20X	3 PUSH UPS

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PUSH UPS	WALK BACKWARDS 10 STEPS	PLANKS FOR 10 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS	10 SQUATS
JUMPS UP	JUMP UP AND CLAP 10X	4 JUMPS FEET OUT/IN	12 TOE RAISES	TRUNK TWISTS
EEL FOR 10 ECONDS	TOE TOUCHES	6 LEFT LUNGES	10 JUMPS SIDEWAYS	8 RIGHT LUNGES
etend to P rope for Seconds	10 HIGH SKIPS IN PLACE	8 BACKWARDS JUMPS	RUN IN PLACE FOR 30 SECONDS	WINDMILLS
HOPS ON CHT FOOT	BALANCE ON LEFT FOOT 10 SECONDS	MARCH IN PLACE HIGH KNEES 20X	8 HOPS ON LEFT FOOT	12 JUMPING JACKS
	PUSH UPS JUMPS UP EEL FOR 10 ECONDS ETEND TO P ROPE FOR SECONDS HOPS ON HOPS ON	PUSH UPS BACKWARDS 10 STEPS JUMP UP AND CLAP 10X EEL FOR 10 TOE TOUCHES ETEND TO P ROPE FOR SECONDS HOPS ON LEFT FOOT 10 SECONDS	PUSH UPS BACKWARDS 10 STEPS PLANKS FOR 10 SECONDS JUMP UP AND CLAP 10X EEL FOR 10 EECONDS TOE TOUCHES 6 LEFT LUNGES FOR 10 BACKWARDS IN PLACE HOPS ON BALANCE ON LEFT FOOT 10 SECONDS BALANCE ON LEFT FOOT 10 SECONDS MARCH IN PLACE HIGH KNEES 20X	PUSH UPS BACKWARDS 10 STEPS PLANKS FOR 10 SECONDS PLANKS FOR 10 SECONDS BALANCE ON RICHT FOOT 10 SECONDS 12 TOE RAISES TOE TOUCHES BELFOR 10 PROPE FOR SECONDS TOE TOUCHES BALANCE ON PROPE FOR SECONDS BALANCE ON BALANCE ON CHT FOOT SECONDS COCOCOCOCOCOCOCOCOCOCOCOCOCOCOCOCOCOC

B	8 HOPS ON LEFT FOOT WALK BACKWARDS 10 STEPS BALANCE ON RIGHT FOOT 10 SECONDS 3 PUSH UPS 6 HOPS ON RIGHT FOOT COCOCOCOCOCOCOCOCOCOCOCOCOCOCOCOCOC		G	
TRUNK TWISTS	8 HOPS ON LEFT FOOT	10 SQUATS	10 JUMPS SIDEWAYS	PRETEND TO JUMP ROPE FOR 30 SECONDS
JUMP UP AND CLAP 10X	WALK BACKWARDS 10 STEPS	TOE TOUCHES	PLANKS FOR 10 SECONDS	4 JUMPS FEET OUT/IN
BALANCE ON LEFT FOOT 10 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS	12 JUMPING JACKS	6 LEFT LUNGES	6 JUMPS UP
12 TOE RAISES	3 PUSH UPS	RUN IN PLACE FOR 30 SECONDS	8 RIGHT LUNGES	KNEEL FOR 10 SECONDS
WINDMILLS	6 HOPS ON RIGHT FOOT	10 HIGH SKIPS IN PLACE	8 BACKWARDS JUMPS	MARCH IN PLACE HIGH

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4 JUMPS FEET OUT/IN	6 JUMPS UP	TRUNK TWISTS	10 SQUATS	PLANKS FOR 10 SECONDS
8 BACKWARDS JUMPS	3 PUSH UPS	RUN IN PLACE FOR 30 SECONDS	6 HOPS ON RIGHT FOOT	12 JUMPING JACKS
March in Place High Knees 20X	10 JUMPS SIDEWAYS	BALANCE ON RIGHT FOOT 10 SECONDS	WALK BACKWARDS 10 STEPS	JUMP UP AND CLAP 10X
KNEEL FOR 10 SECONDS	8 RIGHT LUNGES	PRETEND TO JUMP ROPE FOR 30 SECONDS	12 TOE RAISES	TOE TOUCHES
6 LEFT LUNGES	10 HIGH SKIPS IN PLACE	WINDMILLS	8 HOPS ON LEFT FOOT	BALANCE ON LEFT FOOT 10 SECONDS

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B HOPS ON LEFT FOOT	PRETEND TO JUMP ROPE FOR 30 SECONDS	KNEEL FOR 10 SECONDS	12 JUMPING JACKS	12 TOE RAISES
ALANCE ON CHT FOOT 10 SECONDS	6 JUMPS UP	March in Place High Knees 20X	RUN IN PLACE FOR 30 SECONDS	3 PUSH UPS
BACKWARDS JUMPS	8 RIGHT LUNGES	WINDMILLS	10 SQUATS	10 HIGH SKIPS IN PLACE
WALK SACKWARDS 10 STEPS	10 JUMPS SIDEWAYS	4 JUMPS FEET OUT/IN	PLANKS FOR 10 SECONDS	BALANCE ON LEFT FOOT 10 SECONDS
JMP UP AND CLAP 10X	TRUNK TWISTS	TOE TOUCHES	6 HOPS ON RIGHT FOOT	6 LEFT LUNGES
	HOPS ON LEFT FOOT ALANCE ON CHT FOOT 10 SECONDS BACKWARDS JUMPS WALK CACKWARDS 10 STEPS JMP UP AND CLAP 10X	PRETEND TO JUMP ROPE FOR 30 SECONDS ALANCE ON SECONDS BACKWARDS JUMPS WALK ACKWARDS 10 STEPS JMP UP AND CLAP 10X TRUNK TWISTS	BILL IN PRETEND TO JUMP ROPE FOR 30 SECONDS ALANCE ON CHT FOOT 10 SECONDS ALANCE ON CHT FOOT 10 SECONDS BACKWARDS JUMPS UP ROPE FOR 30 SECONDS BACKWARDS BACKWARDS LUNGES WALK ACKWARDS 10 JUMPS SIDEWAYS JUMP UP AND CLAP 10X TRUNK TWISTS TOE TOUCHES	BHOPS ON LEFT FOOT 10 SECONDS BACKWARDS JUMPS WALK ACKWARDS 10 STEPS WALK TWISTS WALK ACKWARDS JUMP UP AND CLAP 10X TRUNK TWISTS TOE TOUCHES WWW. YourThe Company of the Company o

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O RUN IN PLACE FOR 30 SECONDS	6 JUMPS UP	10 SQUATS	8 BACKWARDS JUMPS
) WINDMILLS	4 JUMPS FEET OUT/IN	10 JUMPS SIDEWAYS	WALK BACKWARDS 10 STEPS
KNEEL FOR 10 SECONDS	3 PUSH UPS	PRETEND TO JUMP ROPE FOR 30 SECONDS	12 JUMPING JACKS
O TRUNK TWISTS	MARCH IN PLACE HIGH KNEES 20X	8 HOPS ON LEFT FOOT	6 LEFT LUNGES
12 TOE RAISES	10 HIGH SKIPS IN PLACE	TOE TOUCHES	8 RIGHT LUNGES
	RUN IN PLACE FOR 30 SECONDS WINDMILLS KNEEL FOR 10 SECONDS TRUNK TWISTS 12 TOE RAISES	RUN IN PLACE FOR 30 SECONDS 4 JUMPS UP WINDMILLS 4 JUMPS FEET OUT/IN KNEEL FOR 10 SECONDS 3 PUSH UPS TRUNK TWISTS PLACE HIGH KNEES 20X 12 TOE RAISES IN PLACE	RUN IN PLACE FOR 30 SECONDS KNEEL FOR 10 SECONDS WINDMILLS WINDMILLS A JUMPS FEET OUT/IN PRETEND TO JUMP ROPE FOR 30 SECONDS WARCH IN PLACE HICH KNEES 20X TOE TOUCHES TOE TOUCHES TOE TOUCHES

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	TRUNK TWISTS	WALK BACKWARDS 10 STEPS	JUMP UP AND CLAP 10X	6 JUMPS UP	PLANKS FOR 10 SECONDS
	10 SQUATS	TOE TOUCHES	8 BACKWARDS JUMPS	March in Place High Knees 20X	12 TOE RAISES
	12 JUMPING JACKS	10 HIGH SKIPS IN PLACE	4 JUMPS FEET OUT/IN	10 JUMPS SIDEWAYS	PRETEND TO JUMP ROPE FOR 30 SECONDS
	8 HOPS ON LEFT FOOT	KNEEL FOR 10 SECONDS	BALANCE ON LEFT FOOT 10 SECONDS	3 PUSH UPS	6 HOPS ON RIGHT FOOT
	6 LEFT LUNGES	RUN IN PLACE FOR 30 SECONDS	8 RIGHT LUNGES	WINDMILLS	BALANCE ON RIGHT FOOT 10 SECONDS
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WINDMILLS WALK BACKWARDS 10 STEPS KNEEL FOR 10 SECONDS 6 HOPS ON RIGHT FOOT			G	
WINDMILLS	BALANCE ON LEFT FOOT 10 SECONDS	4 JUMPS FEET OUT/IN	8 HOPS ON LEFT FOOT	10 HIGH SKIPS IN PLACE
TRUNK TWISTS	3 PUSH UPS	BALANCE ON RIGHT FOOT 10 SECONDS	8 BACKWARDS JUMPS	JUMP UP AND CLAP 10X
WALK BACKWARDS 10 STEPS	6 JUMPS UP	RUN IN PLACE FOR 30 SECONDS	PRETEND TO JUMP ROPE FOR 30 SECONDS	March in Place High Knees 20X
KNEEL FOR 10 SECONDS	8 RIGHT LUNGES	PLANKS FOR 10 SECONDS	6 LEFT LUNGES	12 JUMPING JACKS
6 HOPS ON RIGHT FOOT	10 JUMPS SIDEWAYS	12 TOE RAISES	TOE TOUCHES	10 SQUATS
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3 PUSH UPS	10 SQUATS	RUN IN PLACE FOR 30 SECONDS	MARCH IN PLACE HIGH KNEES 20X	12 TOE RAISES
8 RIGHT LUNGES	6 HOPS ON RIGHT FOOT	PRETEND TO JUMP ROPE FOR 30 SECONDS	KNEEL FOR 10 SECONDS	12 JUMPING JACKS
JUMP UP AND CLAP 10X	4 JUMPS FEET OUT/IN	BALANCE ON LEFT FOOT 10 SECONDS	6 JUMPS UP	6 LEFT LUNGES
PLANKS FOR 10 SECONDS	8 BACKWARDS JUMPS	TRUNK TWISTS	BALANCE ON RIGHT FOOT 10 SECONDS	8 HOPS ON LEFT FOOT
10 JUMPS SIDEWAYS	WINDMILLS	TOE TOUCHES	WALK BACKWARDS 10 STEPS	10 HIGH SKIPS IN PLACE
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B			12 JUMPING JACKS WALK BACKWARDS 10 STEPS 8 HOPS ON LEFT FOOT PRETEND TO JUMP ROPE FOR 30 SECONDS RUN IN PLACE FOR 30 SECONDS	
10 SQUATS	BALANCE ON LEFT FOOT 10 SECONDS	10 HIGH SKIPS IN PLACE	12 JUMPING JACKS	3 PUSH UPS
4 JUMPS FEET OUT/IN	JUMP UP AND CLAP 10X	8 BACKWARDS JUMPS	WALK BACKWARDS 10 STEPS	WINDMILLS
10 JUMPS SIDEWAYS	6 LEFT LUNGES	PLANKS FOR 10 SECONDS	8 HOPS ON LEFT FOOT	TRUNK TWISTS
6 JUMPS UP	12 toe raises	TOE TOUCHES	PRETEND TO JUMP ROPE FOR 30 SECONDS	8 RIGHT LUNGES
KNEEL FOR 10 SECONDS	BALANCE ON RIGHT FOOT 10 SECONDS	6 HOPS ON RIGHT FOOT	RUN IN PLACE FOR 30 SECONDS	MARCH IN PLACE HIGH KNEES 20X
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