

# FREE PRINTABLES

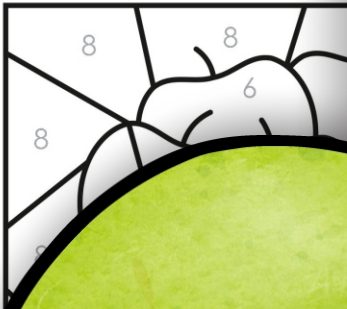
## FALL WORKOUT AND COLOR 1



Do 8 lunges.  
8 = yellow



Do 6 squats.  
6 = red



## FALL WORKOUT AND COLOR 2



Do 5 star jumps.  
5 = green



Do 7 trunk twists.  
7 = yellow



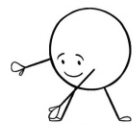
## FALL WORKOUT AND COLOR 3



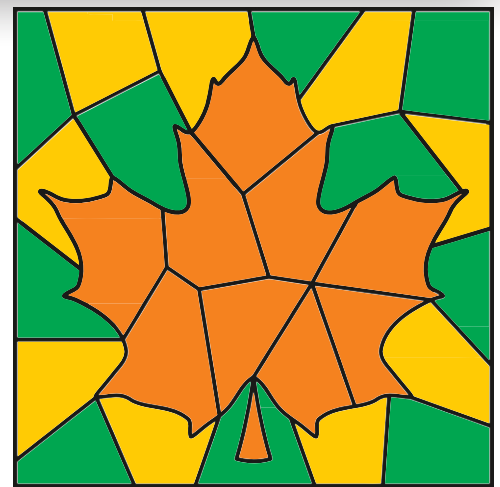
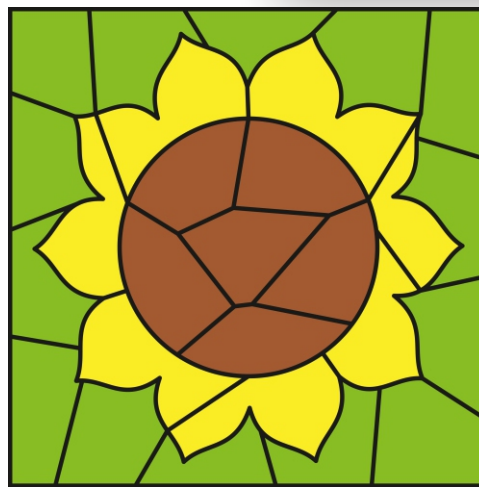
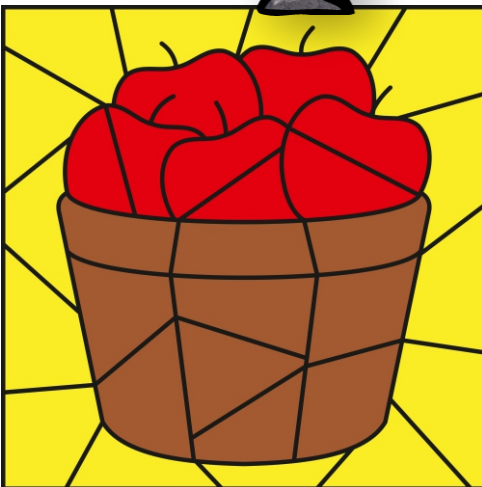
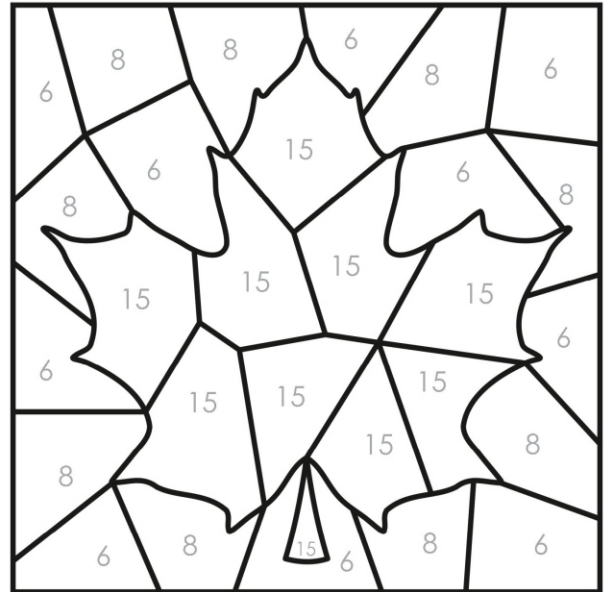
Do 15 elbow to knees.  
15 = orange



Do 8 high knees.  
8 = yellow



Do 6 toe touches.  
6 = green



**Your Therapy Source, Inc.**  
**43 South Main Street**  
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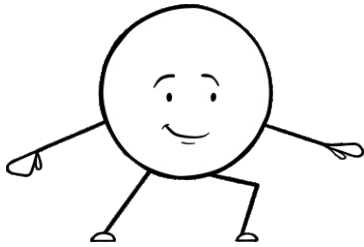
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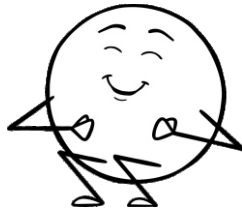
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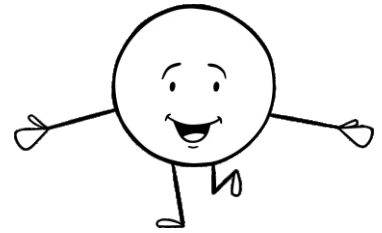
# FALL WORKOUT AND COLOR 1



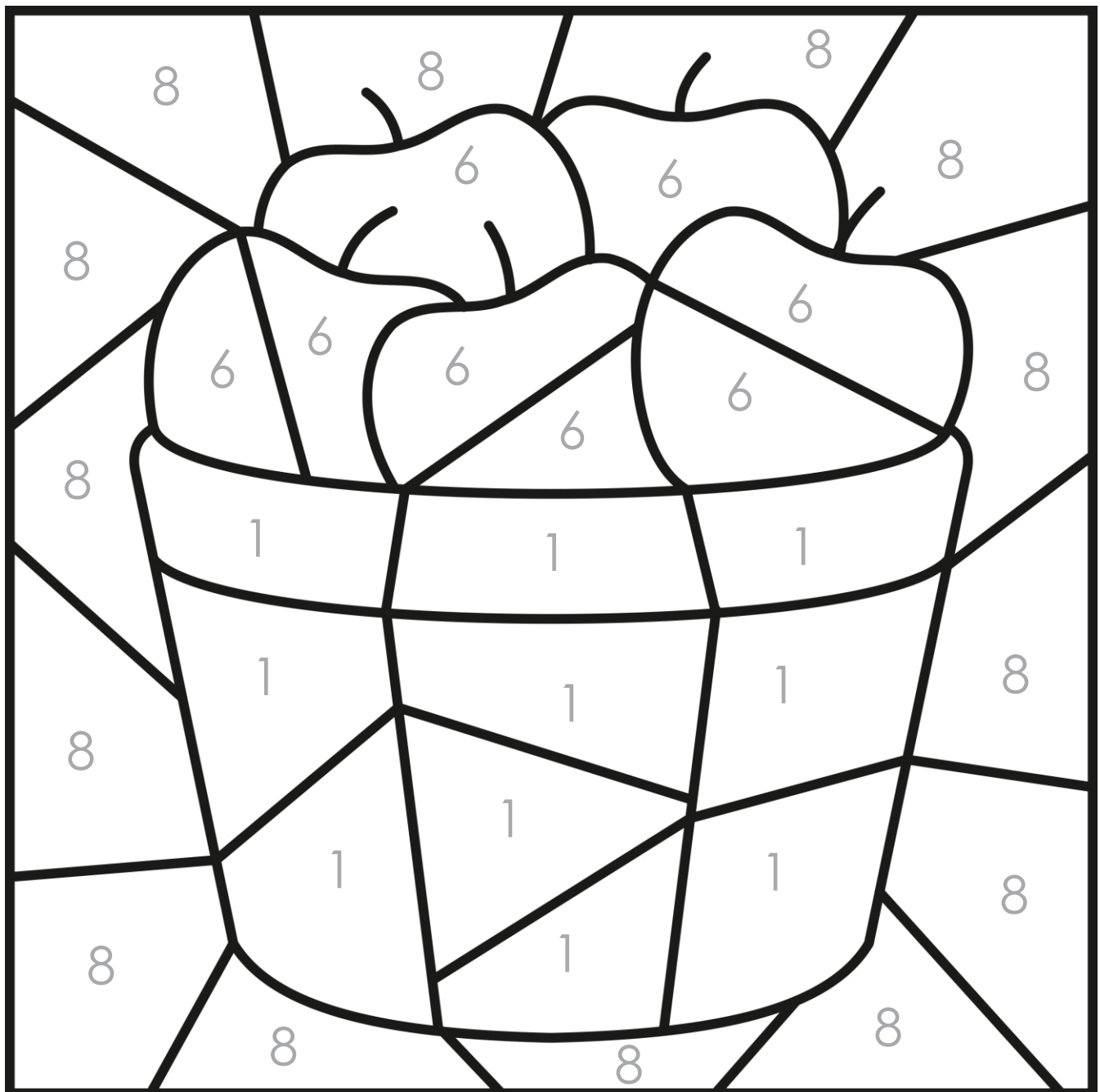
**Do 8 lunges.**  
**8 = yellow**



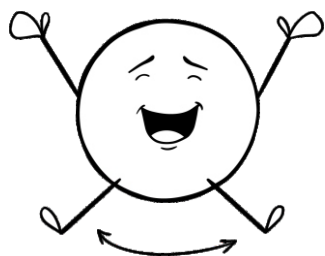
**Do 6 squats.**  
**6 = red**



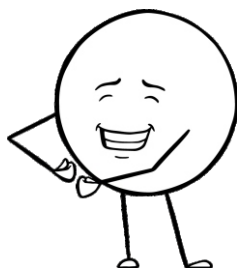
**Stand on one foot.**  
**1 = brown**



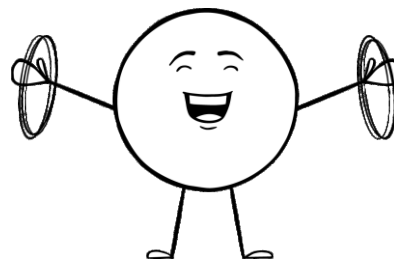
# FALL WORKOUT AND COLOR 2



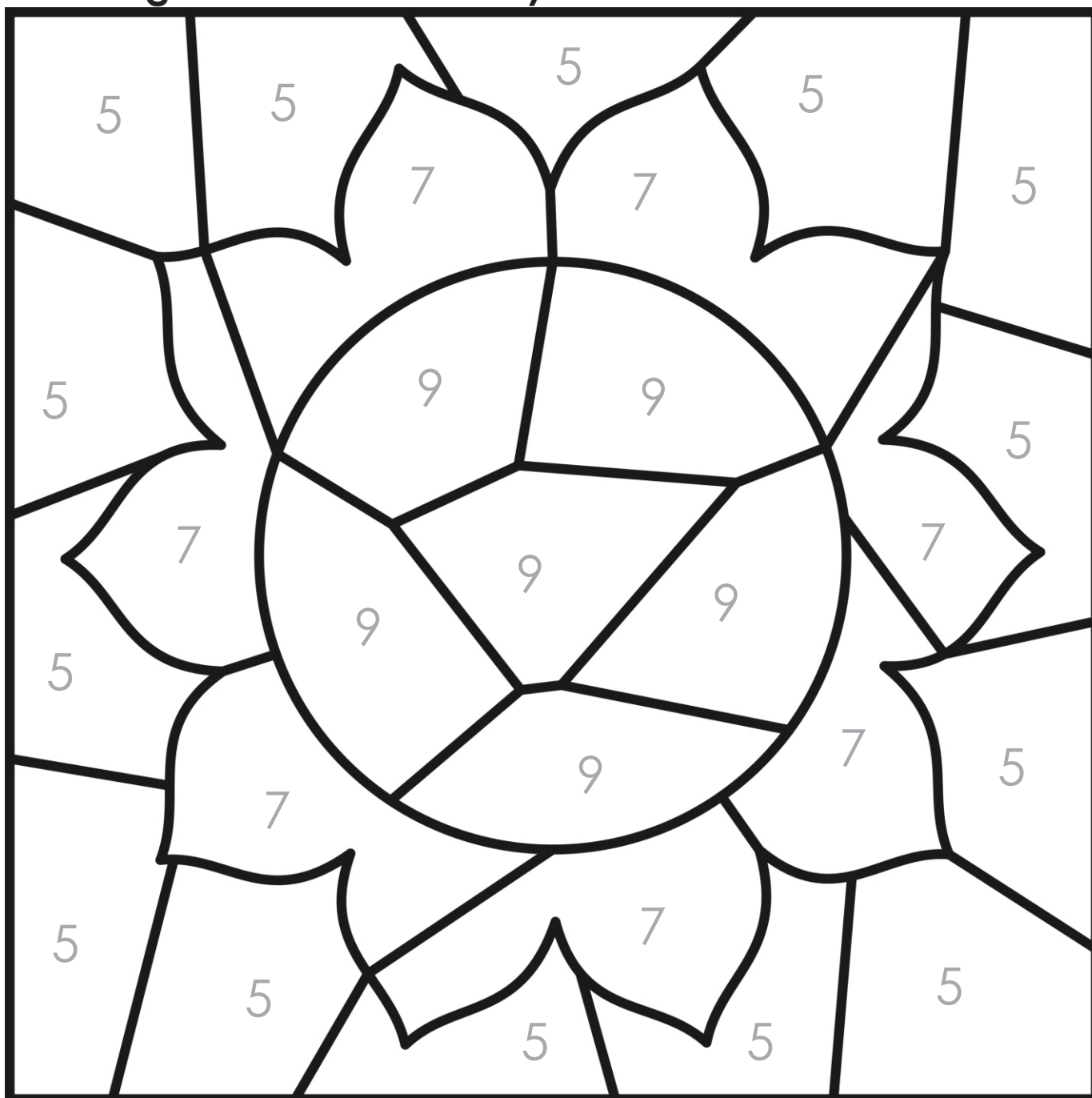
Do 5 star jumps.  
5 = green



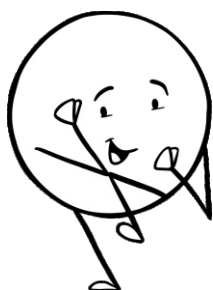
Do 7 trunk twists.  
7 = yellow



Do 9 arm circles.  
9 = brown

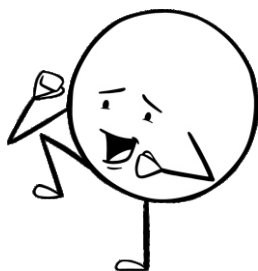


# FALL WORKOUT AND COLOR 3



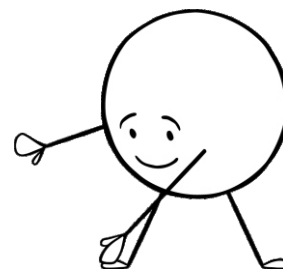
Do 15 elbow to knees.

15 = orange



Do 8 high knees.

8 = yellow



Do 6 toe touches.

6 = green

