

# FREE PRINTABLES

For Thanksgiving

## THANKSGIVING WORKOUT AND COLOR 3



Do 6 star jumps.  
6 = green



Do 7 trunk twists.  
7 = orange



## THANKSGIVING WORKOUT AND COLOR 2



Do 15 elbow to knees.  
5 = black



Do 9 high knees.  
9 = yellow



## THANKSGIVING WORKOUT AND COLOR 1



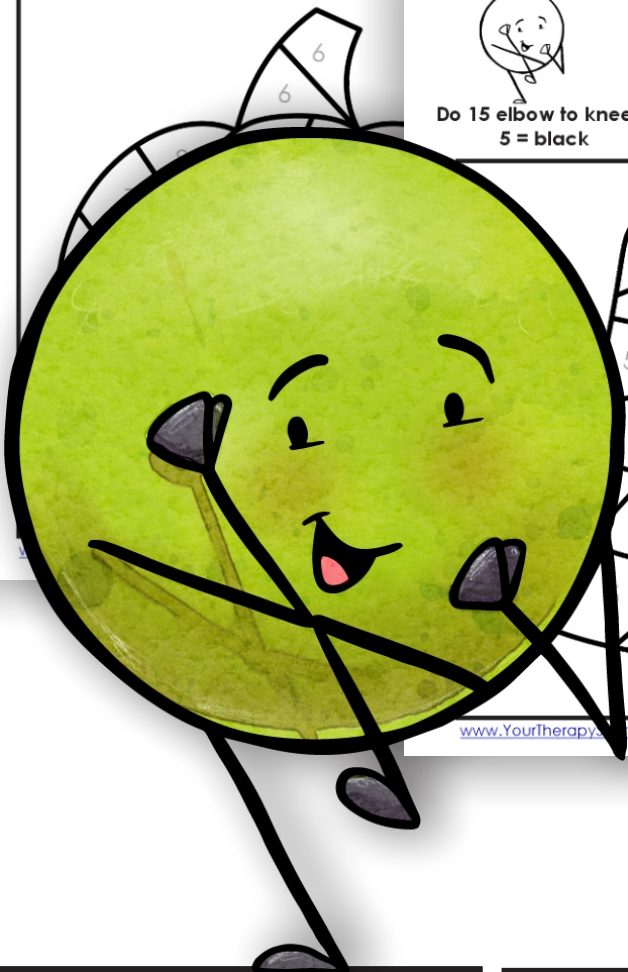
Do 8 lunges.  
8 = brown



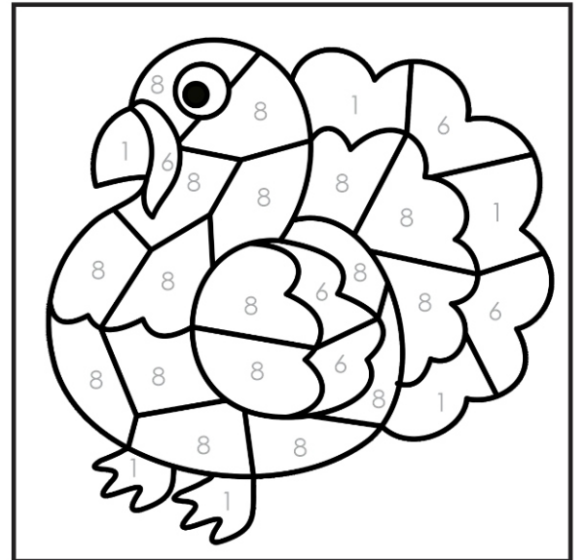
Do 6 squats.  
6 = red



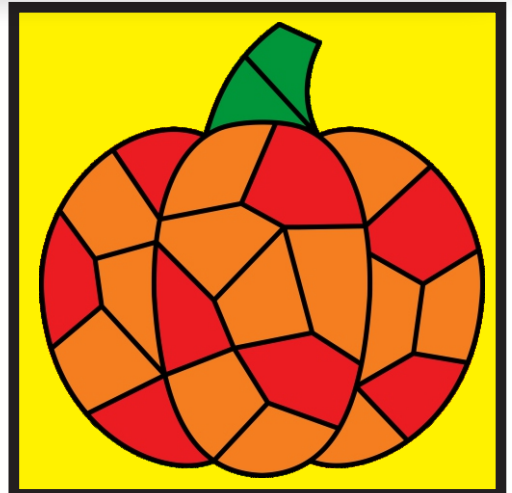
Stand on one foot.  
1 = yellow



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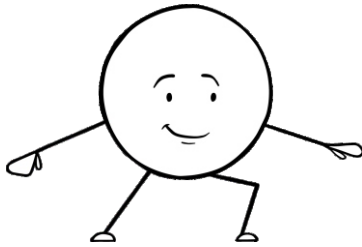
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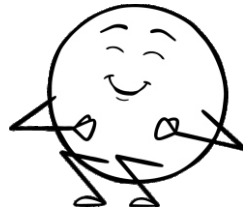
Clipart by Zipa Dee Doo Dah Designs and Sarah Pecorino Illustration.

# THANKSGIVING WORKOUT AND COLOR 1

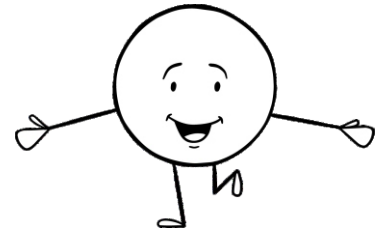
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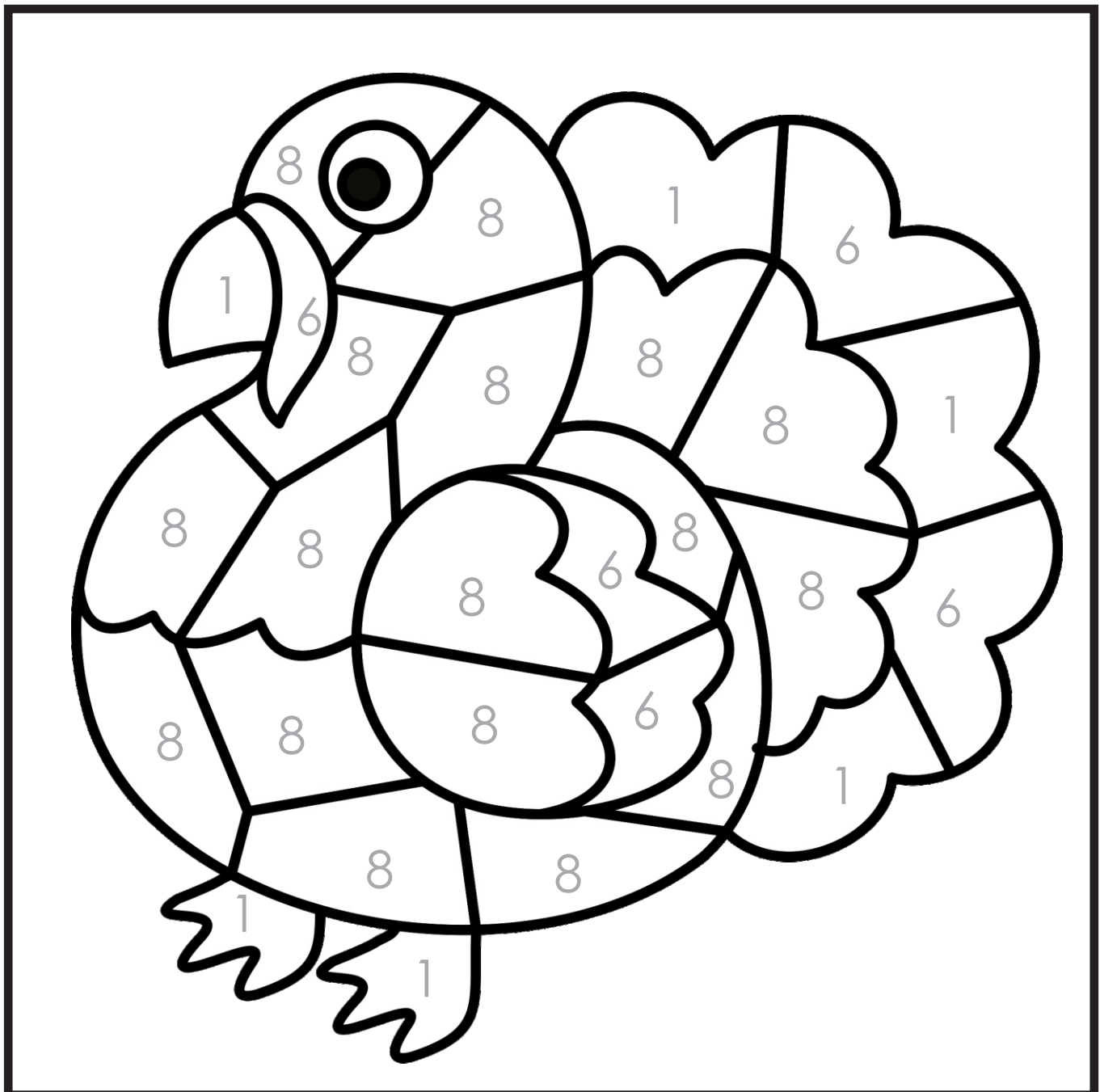
Do 8 lunges.  
8 = brown



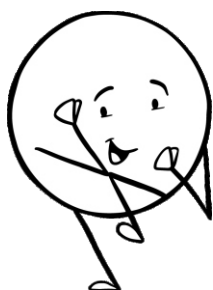
Do 6 squats.  
6 = red



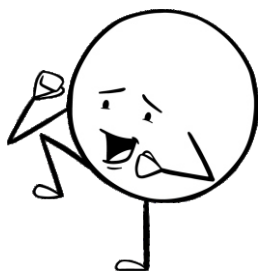
Stand on one foot.  
1 = yellow



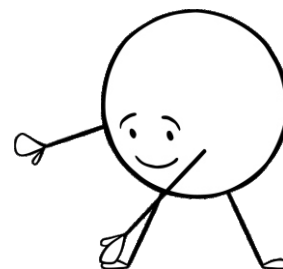
# THANKSGIVING WORKOUT AND COLOR 2



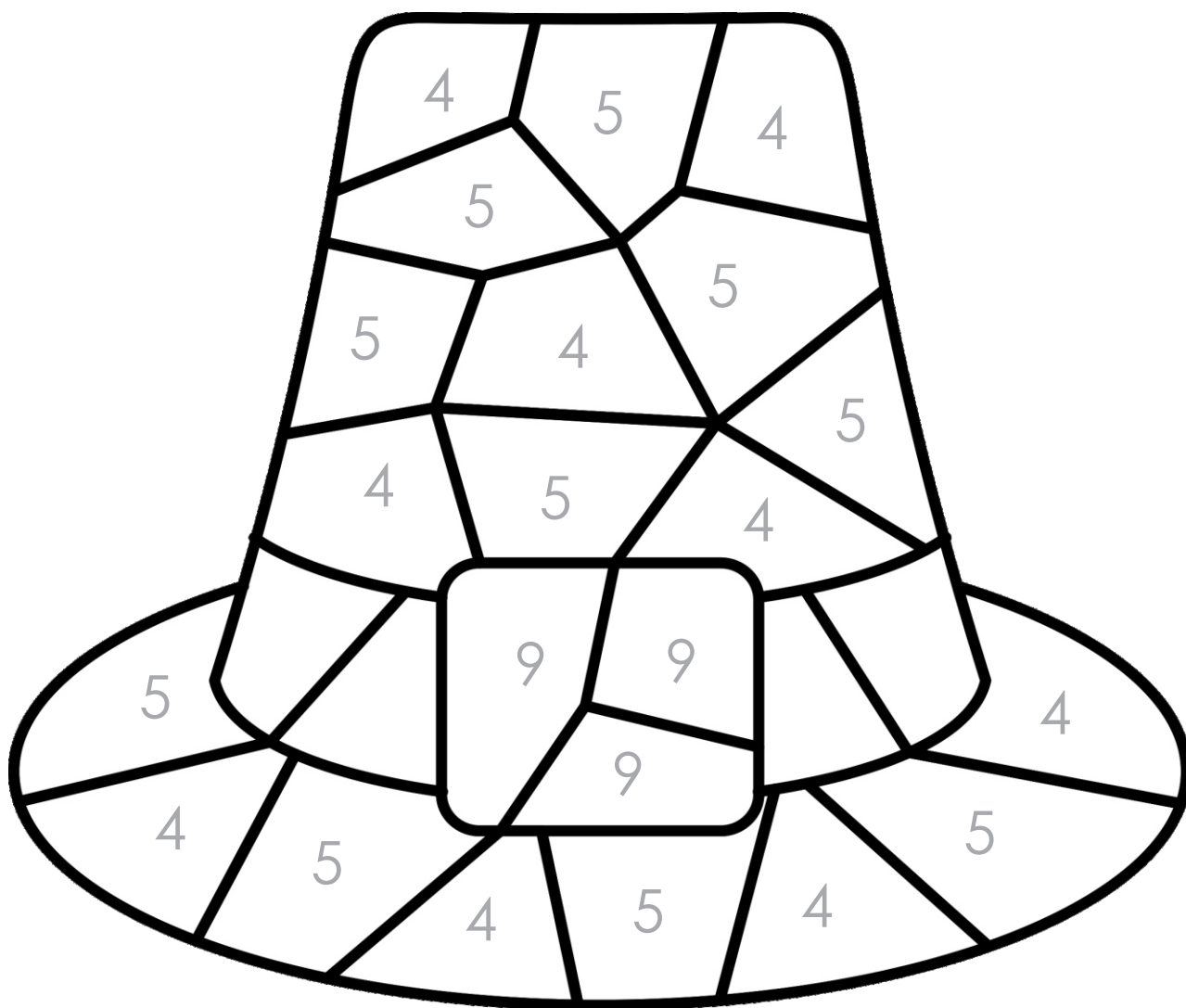
**Do 15 elbow to knees.**  
**5 = black**



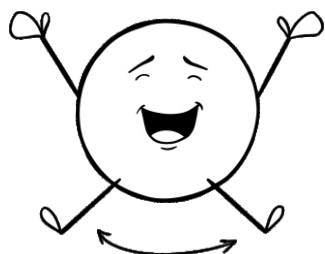
**Do 9 high knees.**  
**9 = yellow**



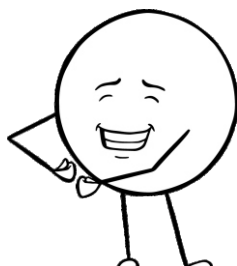
**Do 4 toe touches.**  
**4 = gray**



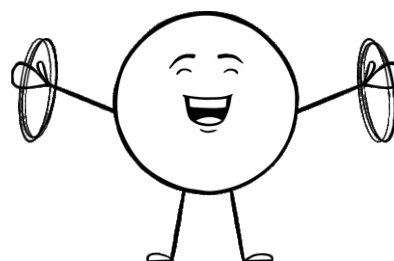
# THANKSGIVING WORKOUT AND COLOR 3



Do 6 star jumps.  
6 = green



Do 7 trunk twists.  
7 = orange



Do 8 arm circles.  
8 = red

