

FREE PRINTABLES

SUMMER WORKOUT AND COLOR 3



Do 8 star jumps.
8 = orange



Do 7 trunk twists.
7 = yellow



Do 12 arm circles.
12 = blue



SUMMER WORKOUT AND COLOR 2



Do 8 lunges.
8 = blue



Do 6 squats.
6 = orange

SUMMER WORKOUT AND COLOR 1



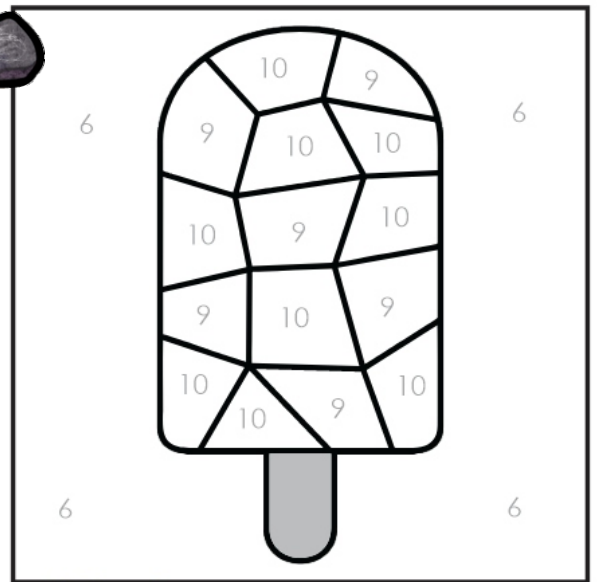
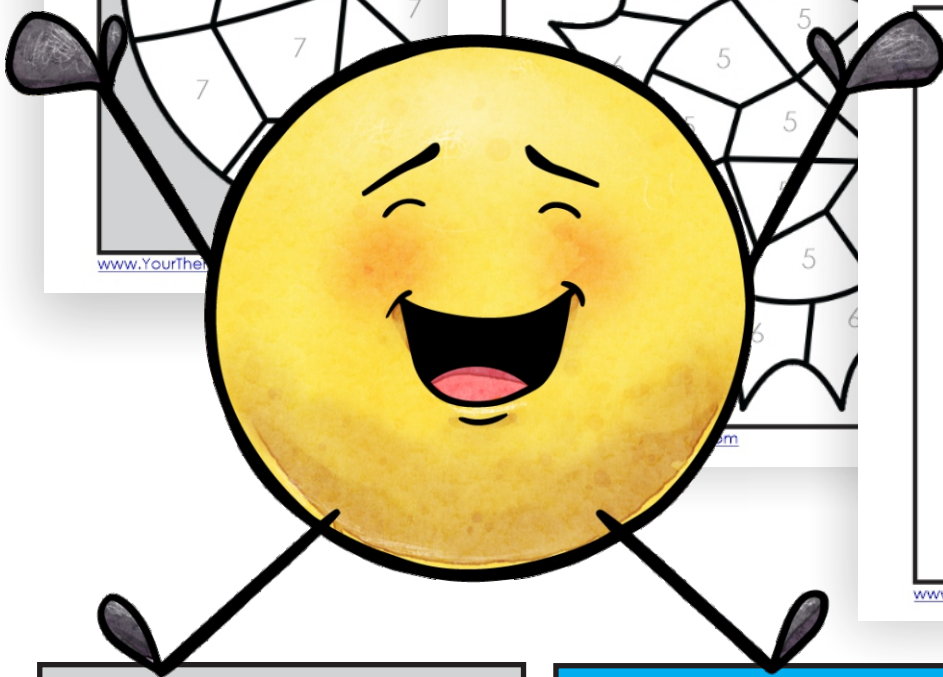
Do 10 elbow to knees.
10 = red



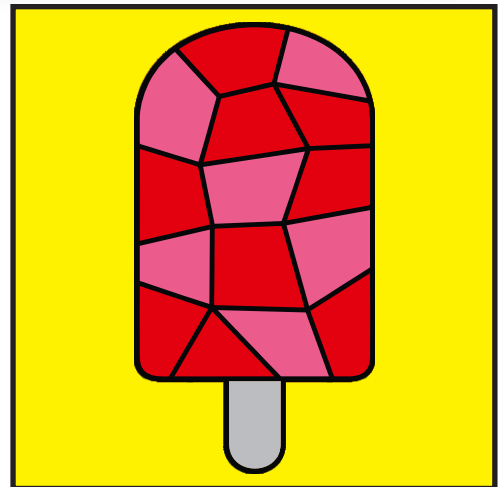
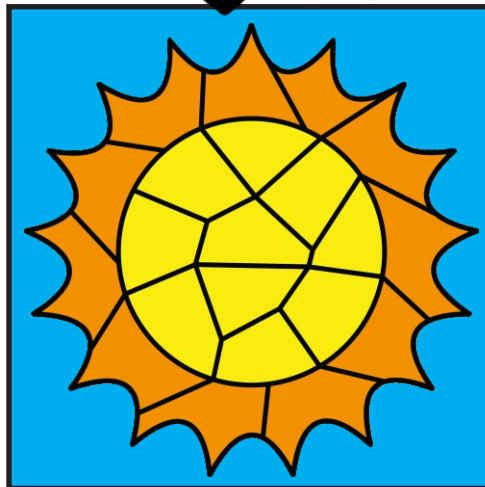
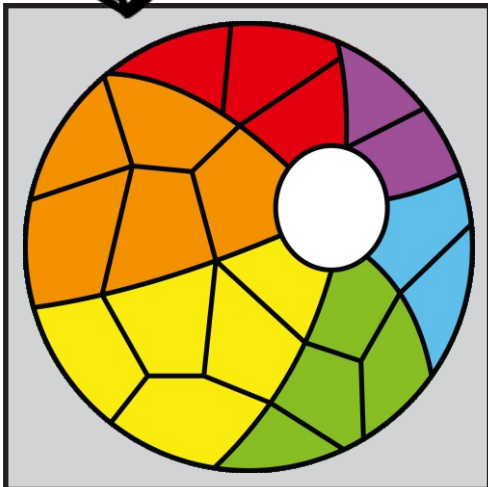
Do 9 high knees.
9 = pink



Do 6 toe touches.
6 = yellow



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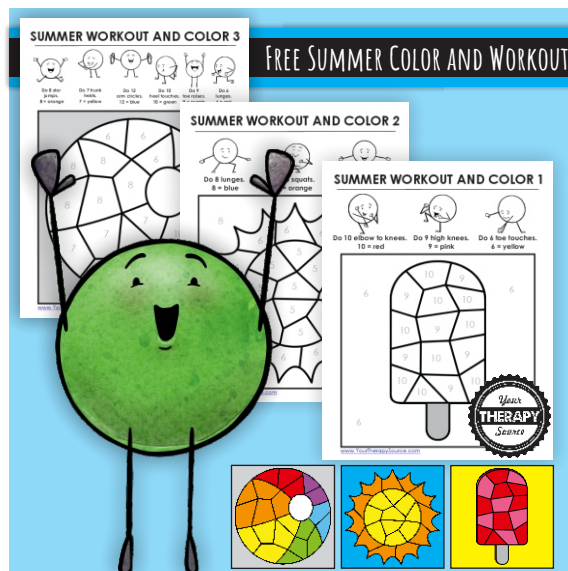
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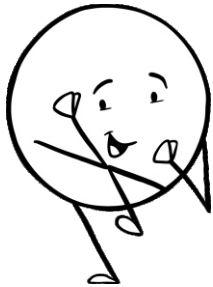
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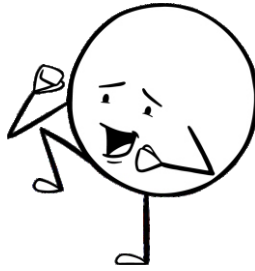
Clipart by Zipa Dee Doo Dah Designs and Sarah Pecorino Illustration.



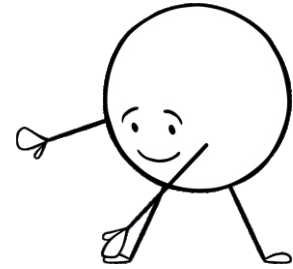
SUMMER WORKOUT AND COLOR 1



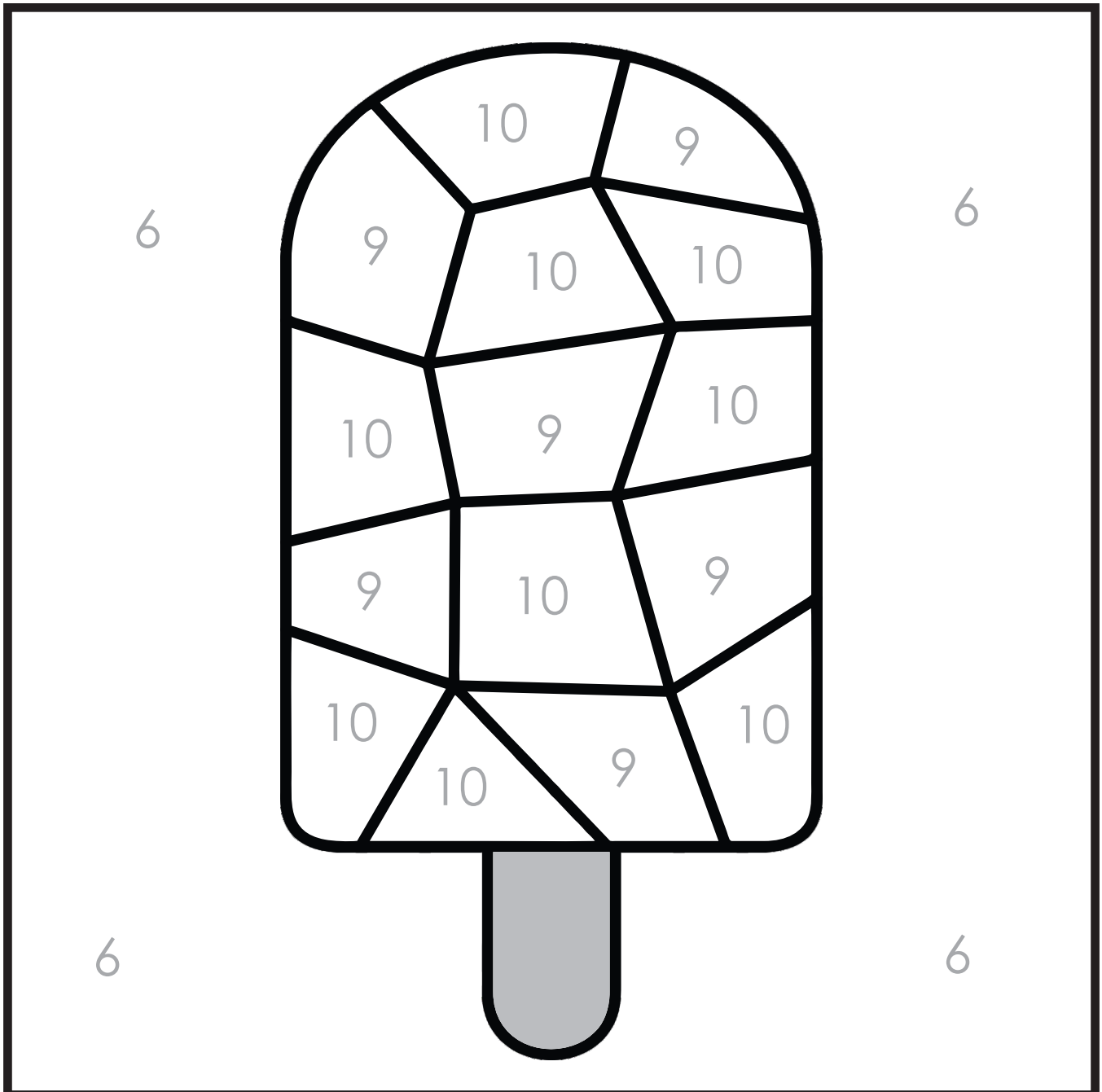
Do 10 elbow to knees.
10 = red



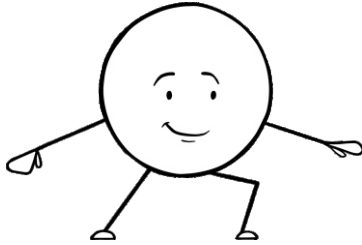
Do 9 high knees.
9 = pink



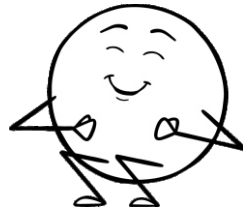
Do 6 toe touches.
6 = yellow



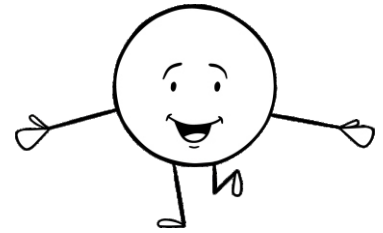
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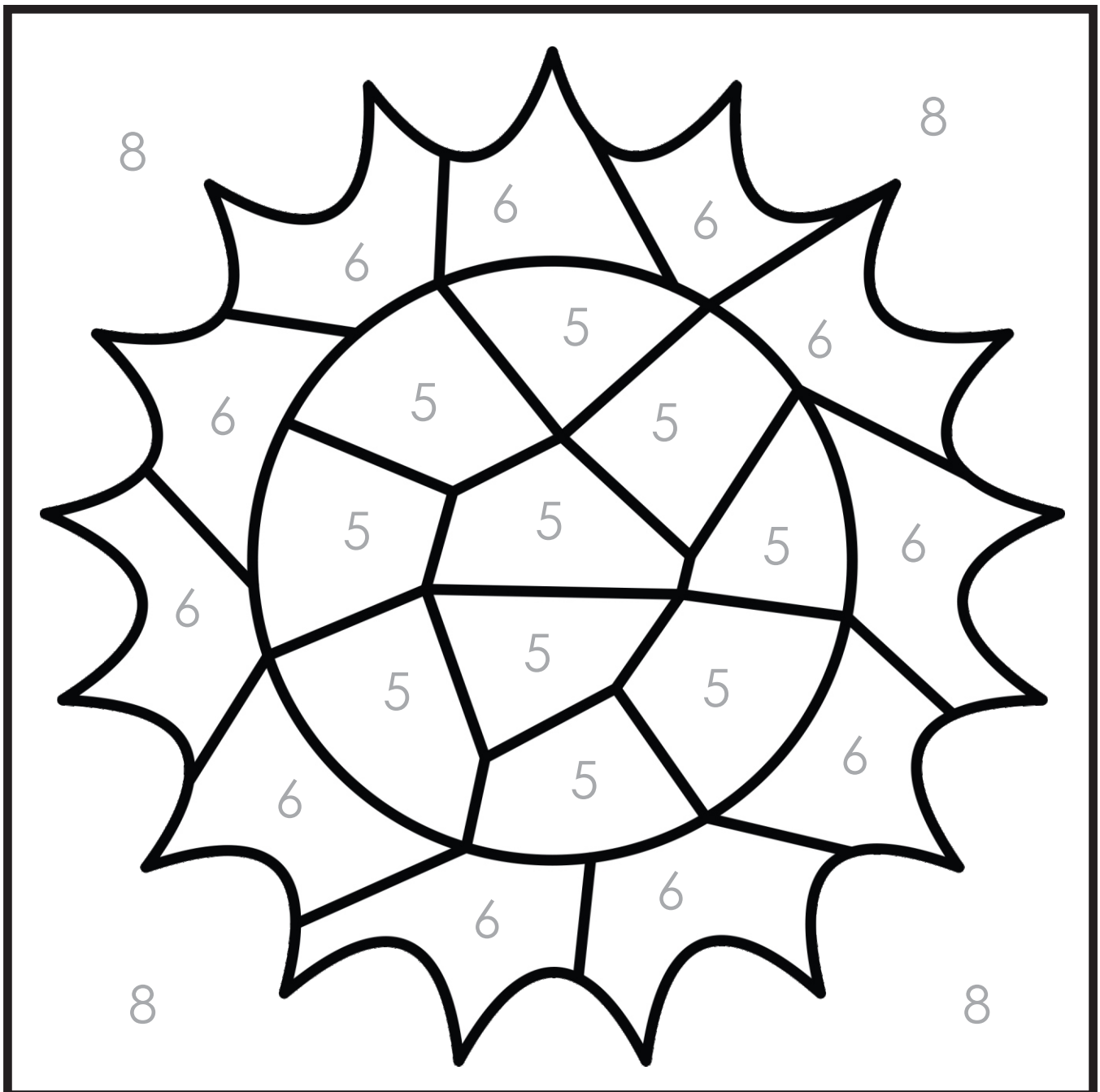
Do 8 lunges.
8 = blue



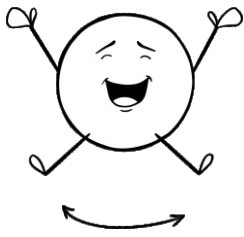
Do 6 squats.
6 = orange



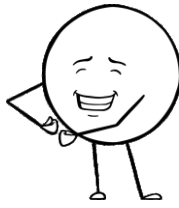
Stand on one foot.
5 = yellow



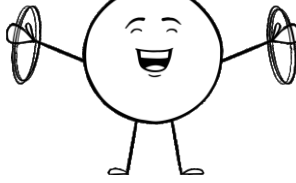
SUMMER WORKOUT AND COLOR 3



Do 8 star jumps.
8 = orange



Do 7 trunk twists.
7 = yellow



Do 12 arm circles.
12 = blue



Do 10 heel touches.
10 = green



Do 9 toe raises.
9 = purple



Do 6 lunges.
6 = red

