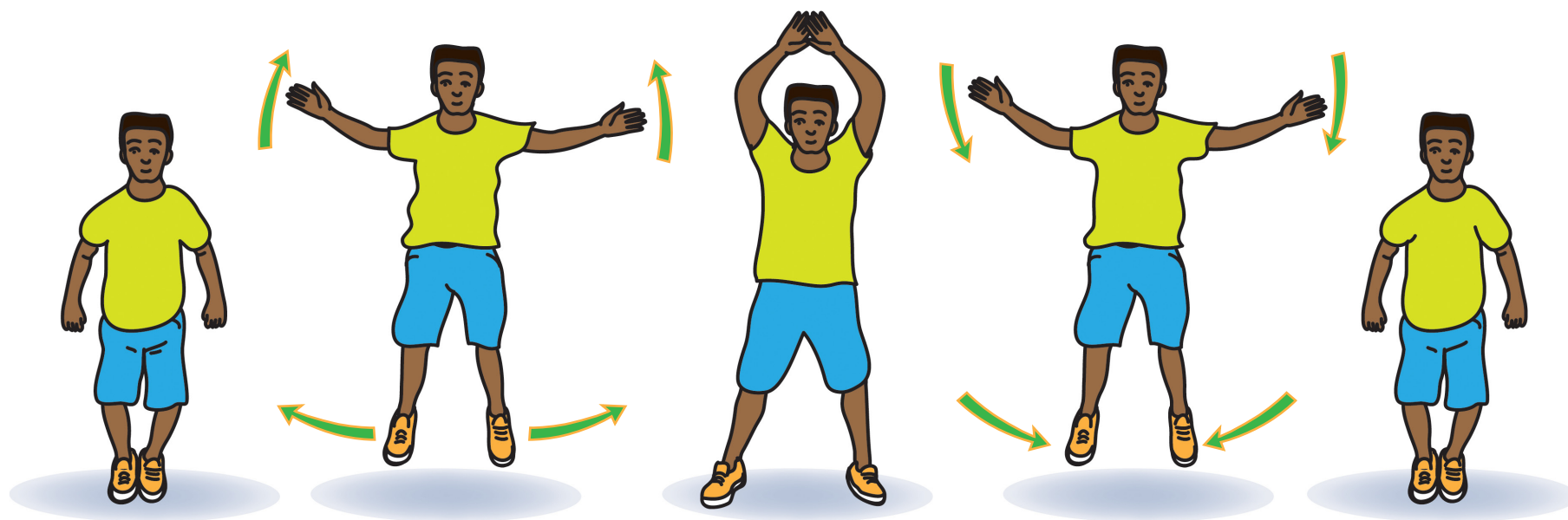


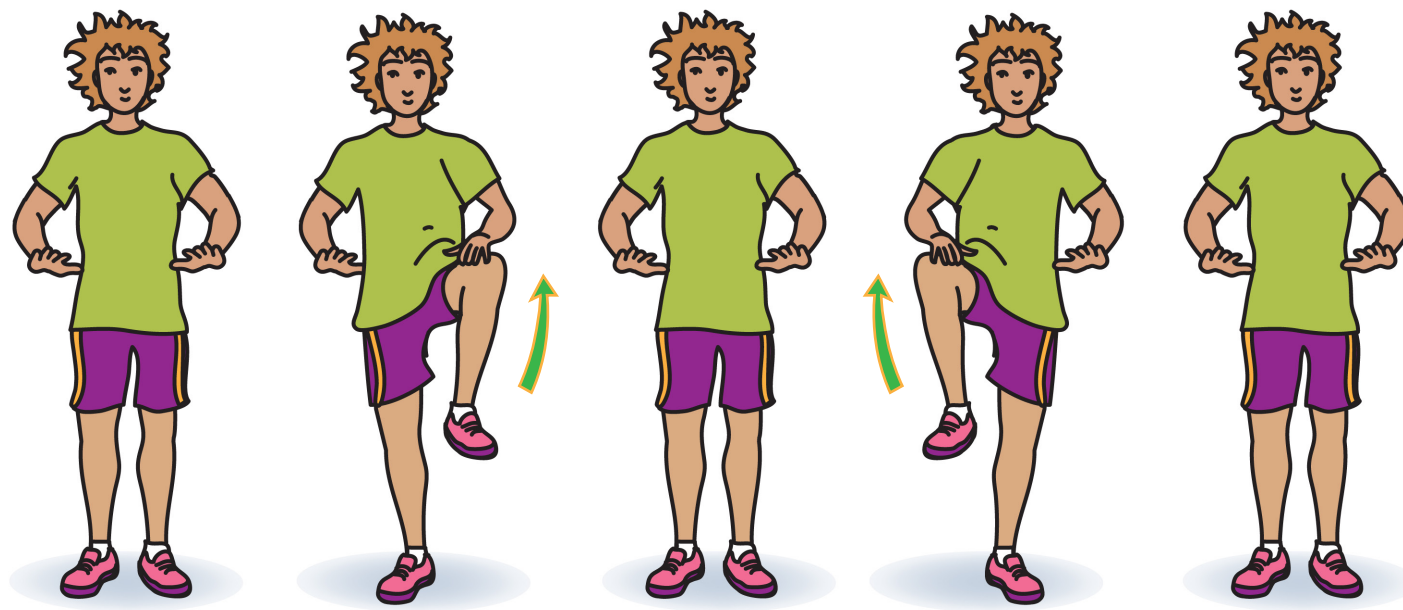
# Jumping Jacks



Jump, raising your arms to the side, then over your head. Hands touch at the top as you land with your feet apart. Jump again, bringing your arms back down to your sides as you land with your feet together.

**BENEFIT** ► Warms the whole body. Engages the cardio-respiratory system, elevating the heart and breathing rates.

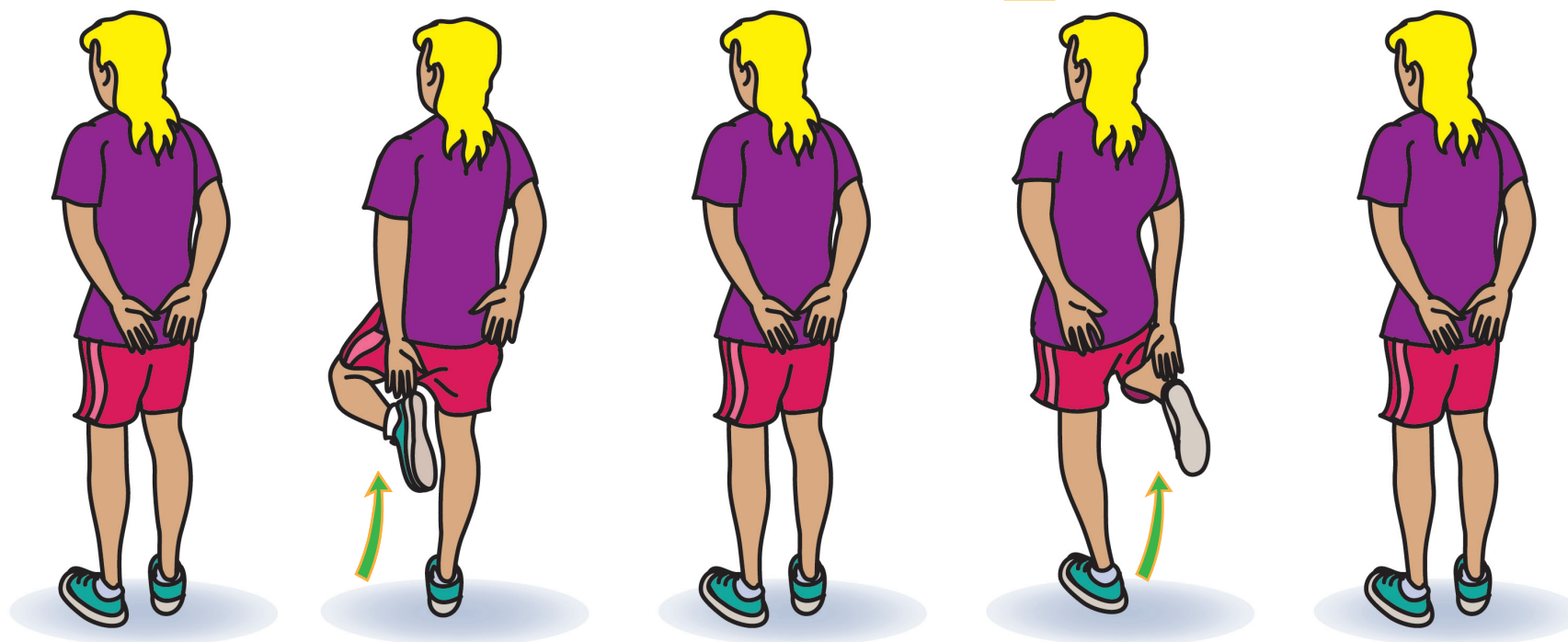
# High Knee-Slaps



Extend your hands in front of you at waist level. Raise one knee and try to touch the hand directly above it. Return to the starting position. Repeat, using the other hand and knee.

**BENEFIT** ► Warms the muscles of the lower body.

# Heel Taps



Stand with your hands behind you, slightly past your backside. Raise one foot straight up to your hand, tap your heel, and lower the foot. Repeat, using the other foot and hand.

**BENEFIT** ► Warms the hamstring muscles in the back of the thigh.

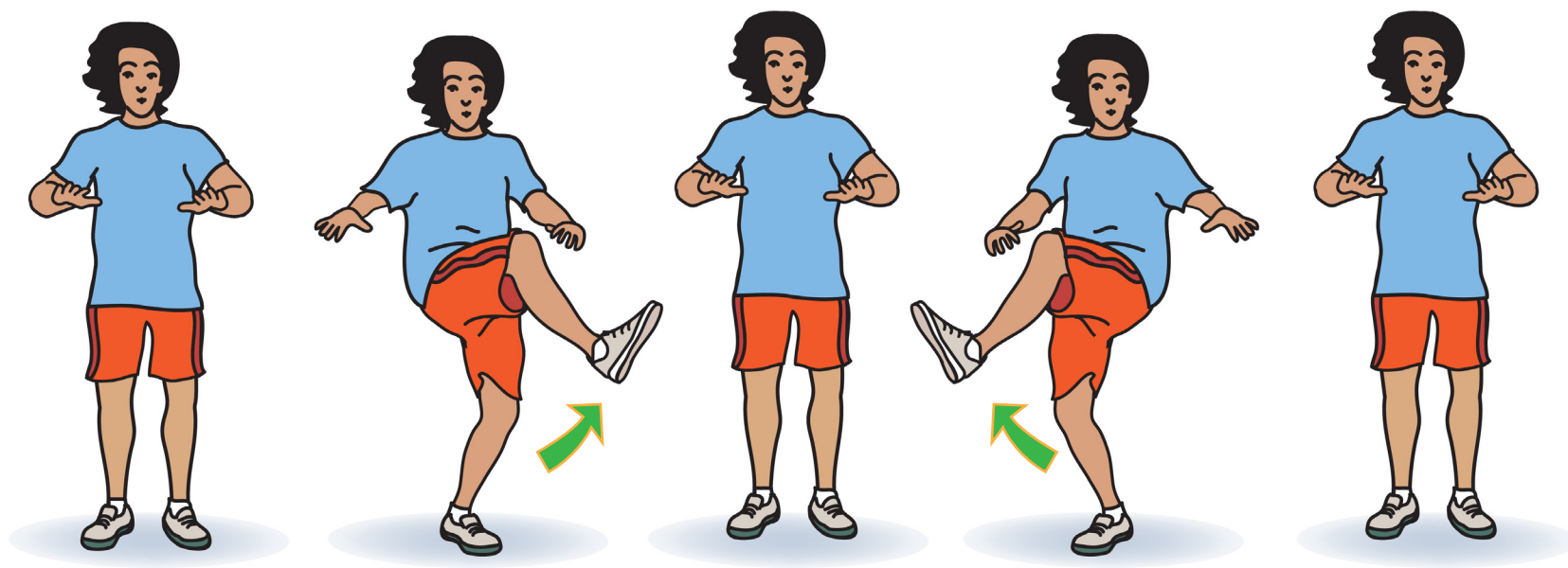
# Split Jumps



Stand with one foot in front of the other. Jump straight up and switch the position of your feet in a scissor motion.

**BENEFIT** ▶ Strengthens the muscles of the lower body. Engages the cardiorespiratory system, elevating the heart and breathing rates.

# Cross-Body Kicks



Kick across your body, raising the leg toward the opposite hand, then return to the starting position. Repeat, using the other leg.

**BENEFIT** ► Warms the lower body; stretches the hamstring muscles in the back of the thigh.

# Cherry Pickers



Reach up with one hand while extending your body upward. After a second or two, return to the starting position and repeat, using the other hand.

**BENEFIT** ▶ Engages and stretches the shoulders, arms, and midsection.

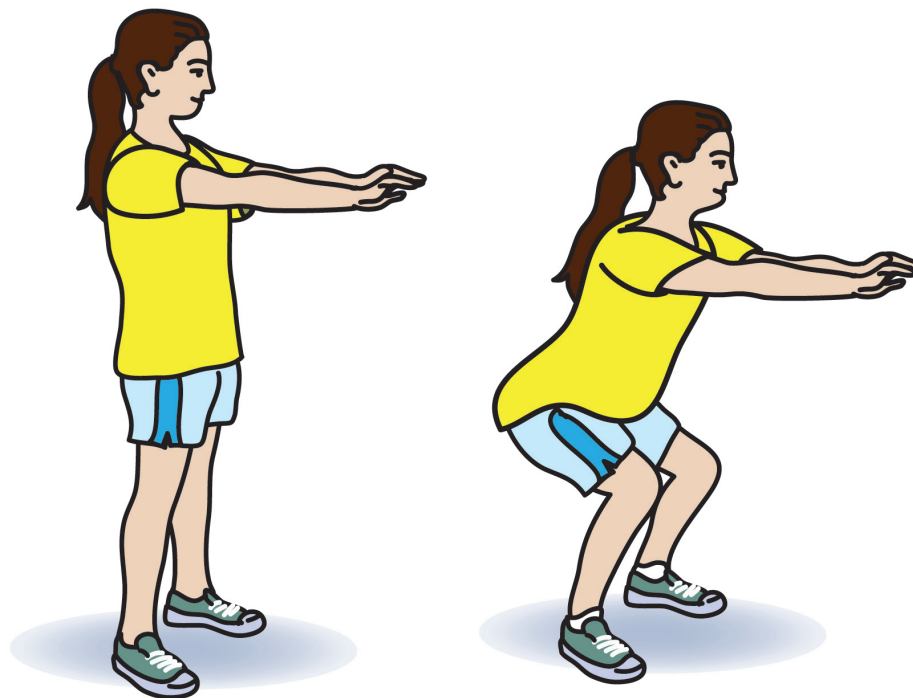
# V-Sit Position



Sit on the ground, legs and arms extended in front of you. Raise your legs, lean back slightly, and balance on your backside while contracting your abdominal muscles.

**BENEFIT** ► Strengthens the abdominal muscles.

# Squat Position



Stand with your feet slightly wider than shoulder-width. Extend your arms and place one hand on top of the other. Squat slowly until your thighs are nearly parallel to the ground. Hold this position.

**BENEFIT** ▶ Strengthens the muscles of the thighs (hamstrings, quadriceps, and groin).



# Push-Ups



Place your hands on the ground, below your chest, slightly wider than shoulder-width; keep your body straight. Lower your body until your upper arms are nearly parallel to the ground. Push up from the ground, raising your body to the starting position.

**BENEFIT** ► Strengthens the muscles of the arms, shoulders, and chest.

# Alternating Leg-Lifts



Begin in the push-up position. Raise one leg, then lower it to the ground. Repeat, using the other leg.

**BENEFIT** ▶ Strengthens the muscles of the lower body, shoulders, and arms.