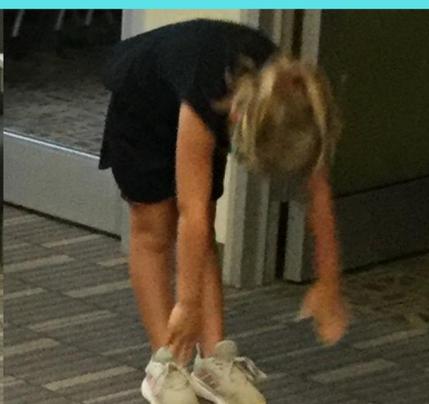


Exercise

Bingo



Run
in
Place



Toe Touches



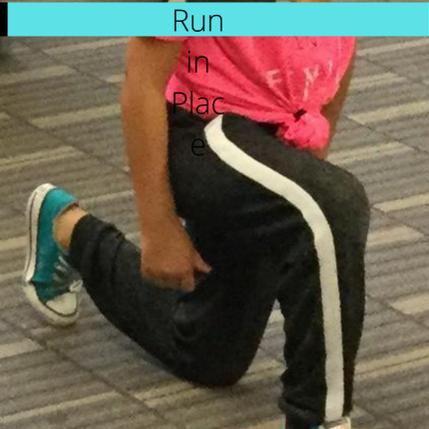
Squats



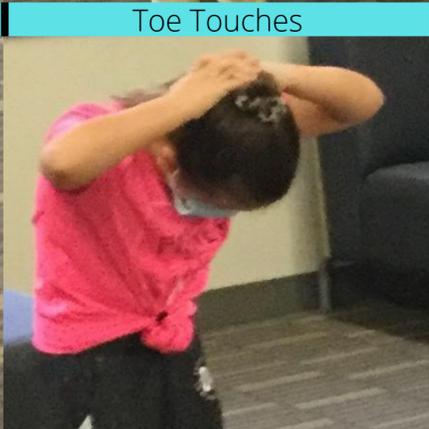
Jumping Jacks



Arm Circles



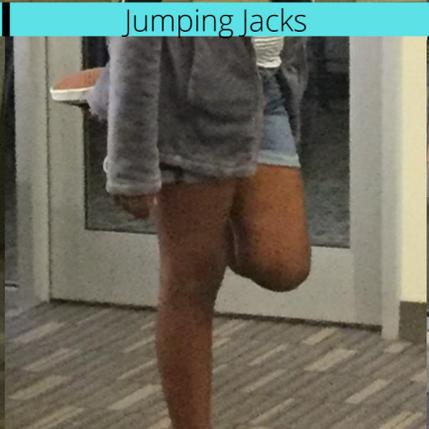
Lunges in Place



Standing Crunches



Plank



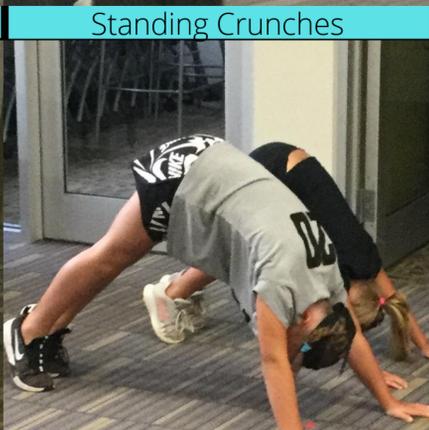
Quad Stretch



Chair Dips



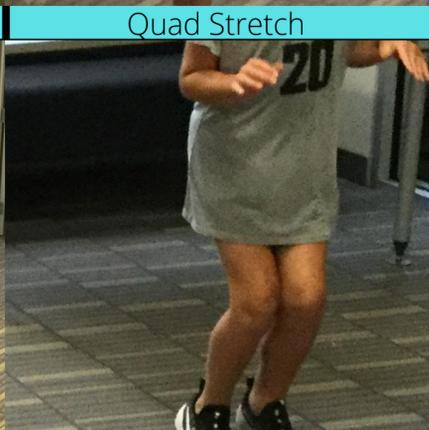
Push-Ups



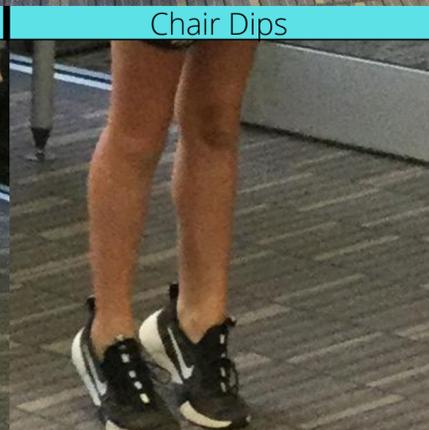
Downward Dog



Random Dance Move



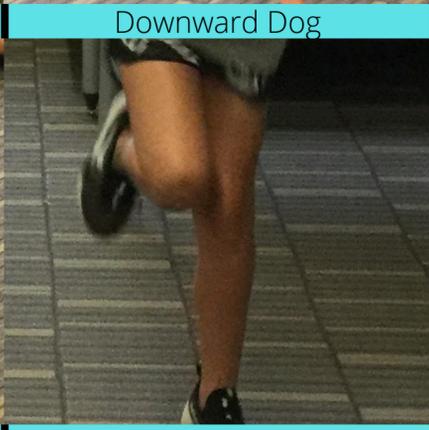
Bunny Hops



Calf Raises



Sit-Ups



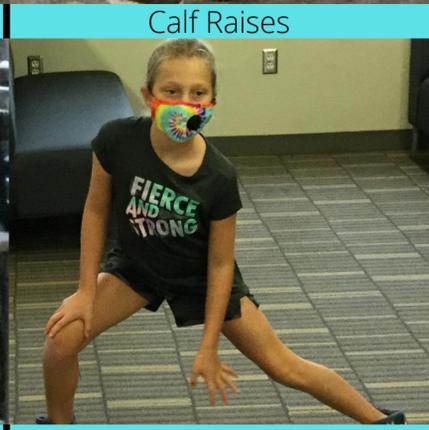
Rear Kicks in Place



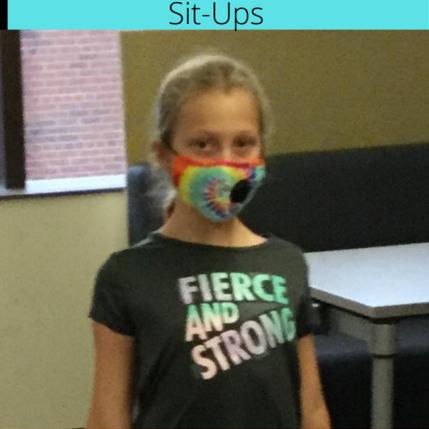
Windmills



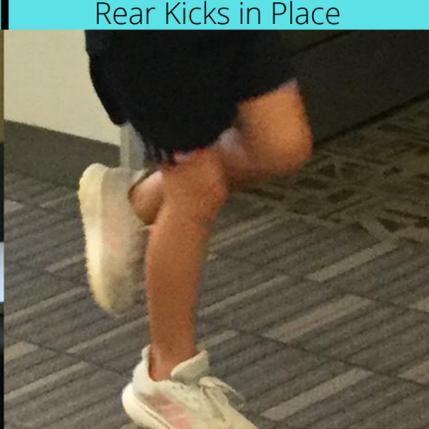
High Knees in Place



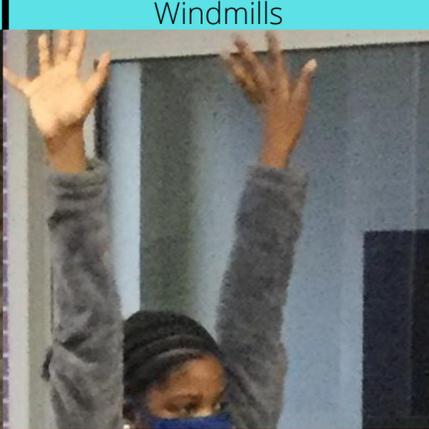
Side Lunges In Place



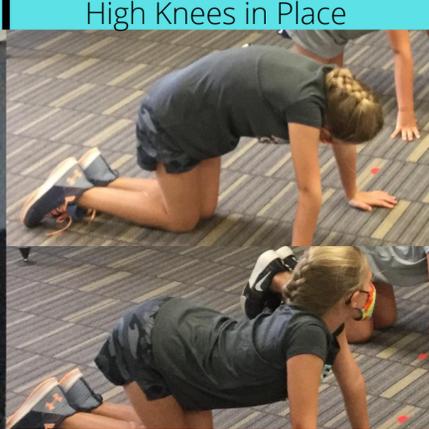
Shoulder Rolls



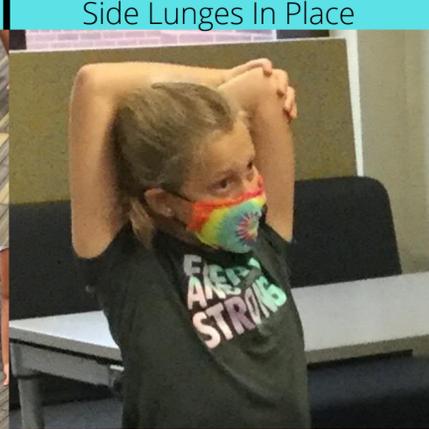
Single Leg Hops



Reach For The Sky



Cat Cow



Triceps Stretch