



5 Jumping Jacks!



3 Body Spins!



6 Toe Touches!



4 Body Twists!



8 Body Wiggles!



12 Arm Swings!



8 High Knee Lifts!



2 Squats!






4 One-Foot Hops!



9 Foot Stomps!



10 Arm Circles!



6 Leg Kicks!