PUSH UPS



SIT UPS



JUMPING JACKS



WALL PUSH-UPS



SIT AND REACH



LEG LIFTS



RUN



LUNGE



BICEP CURLS



JUMP ROPE



HULA HOOP



STRETCH



SLALOM

 ![C:\Documents and Settings\PCS\Local Settings\Temporary Internet Files\Content.IE5\I3U1FL1M\MP900314351[1].jpg]() ![C:\Documents and Settings\PCS\Local Settings\Temporary Internet Files\Content.IE5\I3U1FL1M\MP900314351[1].jpg]() ![C:\Documents and Settings\PCS\Local Settings\Temporary Internet Files\Content.IE5\I3U1FL1M\MP900314351[1].jpg]()