

JUMP ROPE

AEROBIC

HOW TO...

- Pretend like you are jumping rope

JUMPING JACKS

AEROBIC

HOW TO...

- Hands straight above your head
- Jump while moving your arms and legs together and apart

HIGH KNEES

AEROBIC

HOW TO...

- Take turns raising each knee to your belly while hopping

WALKING LUNGES

AEROBIC

HOW TO...

- Drop one knee to the ground
- Push off of front heel
- Step forward with back leg and repeat

JUMPS

AEROBIC

HOW TO...

- Stand shoulder width apart
- Jump as high as you can

BUNNY HOP

AEROBIC

HOW TO...

- Stand upright with hands in front like a bunny
- Hop up and down

CRAZY DANCE

AEROBIC

HOW TO...

- Be wacky and crazy
- No move is too silly

YOUR CHOICE

AEROBIC

HOW TO...

- Take your pick and move it!

MANIAC

AEROBIC

HOW TO...

- Be the definition of crazy

SUPERMAN

CORE

HOW TO...

- Lie on your stomach and lift your upper body like you are flying

PLANK

CORE

HOW TO...

- Lie on your stomach
- Lift yourself up on your elbows and toes; hold it

SIDE PLANK

CORE

HOW TO...

- Lie on one side
- Lift yourself up on your elbow and the side of your foot; hold it

LUNGE

CORE

HOW TO...

- Step forward with one leg and lower back leg's knee to the ground
- Press up off of your front heel to raise and lower knee

SQUAT

CORE

HOW TO...

- Stand with feet shoulder-width apart
- Bend your knees to lower and raise your body
- Be sure to not let your knees pass your toes; sit back on your heels

BUNNY HOP

CORE

HOW TO...

- Stand upright with hands in front like a bunny
- Hop up and down

MOUNTAIN CLIMBLER

CORE

HOW TO...

- Prop your body up on your hands and feet on the ground
- Alternate bringing your knees into your belly as fast as you can

YOUR CHOICE

CORE

HOW TO...

- Take your pick and move it!

CRUNCH

CORE

HOW TO...

- Lie on your back with knees bent
- With feet flat on the floor reach for your knees
- Lift your chin to the sky