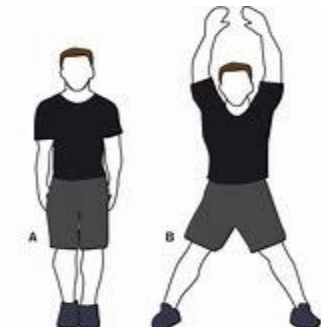


# Daily Warm Up Activity

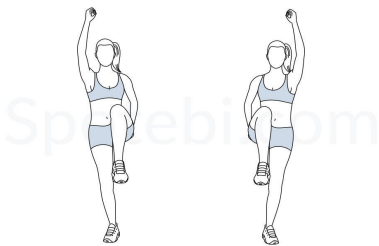
(20 seconds for each exercise)



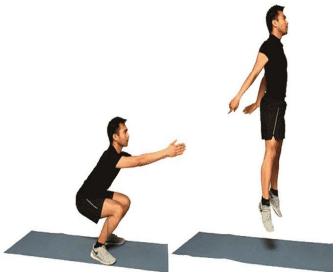
Jogging in Place



Jumping Jacks



Mountain Climbers

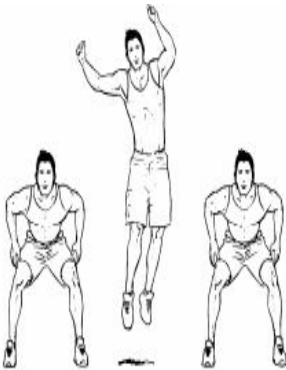


Squat Jumps



Hopping on 1 foot

Jumping off 2 feet



Jumping Side to Side



Burpees

# Daily Stretches

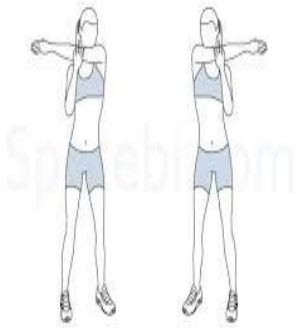
(You can do these Stretching Activities during commercials when you are watching TV)



Right & Left Side



Right & Left Side



Right & Left Side



Right & Left Side



Right & Left Side



Right & Left Side

# Daily Muscular Development

(You can do these **Muscular Development Activities** during commercials when you are watching TV)

